

Need healthy nut-free snack ideas?

- Whole wheat quesadilla with low-fat cheese,
- Whole wheat crackers with sunflower seed butter,
- Plain yogurt sweetened with maple syrup,
- Frozen fruit mixed with plain yogurt,
- Ham and cheese rolled ups,
- Fruit leather,
- Pirate booty/ Veggie booty,
- "Sushi"(take whole wheat bread, flatten with a rolling pin, spread cream cheese, add shredded carrots and sliced cucumber, roll and slice like sushi),
- Edamame,
- Black beans or kidney beans,
- Hummus and crackers or baby carrots,
- Fruits or veggies with a dip (honey works well, as does ranch dressing, balsamic vinegar, yogurt, sunflower seed butter or soy nut butter with a little honey and cinnamon... really anything dipable is likely to at least be tried!),
- Home made trail mix with your child's favorites (Ie: goldfish, raisons, dried cranberries and cheerios),
- Applesauce,
- Cheese shapes (take small cookie cutters, or play-doh cookie cutters and cut shapes out of American cheese),
- Cream cheese and jam sandwich,
- Rice cake with cream cheese or hummus,
- Homemade yogurt smoothies....

**Thank you to Kristin for compiling and maintaining such a fun and useful list!
If you have suggestions of additional favorites please be sure to share!**



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