

Ants on a Log

This healthy snack is one that kids can make all on their own. Simply spread some crunchy peanut butter and sweet raisins over celery for a smart snacking option.

Ingredients

- 5 stalks celery
- 1/2 cup peanut butter (may substitute with Cream Cheese)
- 1/4 cup raisins

Cooking Instructions

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Banana and Peanut Butter Wraps

Kids go bananas for these simple after-school snacks. The peanut butter and banana filling, sprinkled with raisins and drizzled with honey, is a wholesome way to satisfy their sweet and salty cravings.

Ingredients

- 1 (6 inch) flour tortilla
- 2 tablespoons peanut butter (may substitute with Cream Cheese)
- 1 tablespoon honey
- 1 banana
- 2 tablespoons raisins

Cooking Instructions

1. Lay tortilla flat. Spread peanut butter and honey on tortilla. Place banana in the middle and sprinkle in the raisins. Wrap, and serve.

Juicy Fruit Salad

Juicy to the core, this tropical blend of pineapple chunks, orange segments, diced apple, banana slices and grapes makes a sweet gesture for your little ones when they're looking for a quick snack.

Ingredients

- 1 (15 ounce) can pineapple chunks with juice
- 1 apple - peeled, cored and diced
- 1 orange - peeled, diced and juice reserved
- 1 banana, sliced
- 1 cup seedless green grapes, halved

Cooking Instructions

1. In a large bowl, toss together the pineapple, apple, orange, banana and grapes. Add the juice from the pineapple and orange and let chill until serving.