

# Healthy Snack Recipes for Kids: Involve your kids, get them to help!



BlueCross BlueShield  
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## Whole-Wheat Oatmeal Cookies

### Ingredients

- ½ cup whole-wheat flour
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- ⅓ cup canola oil
- ⅔ cup packed dark-brown sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- ½ cup rolled oats (not quick-cooking)
- ½ cup dried raisins

### Directions

1. Preheat oven to 350 degrees.
2. Whisk together flours and baking powder in a medium bowl; set aside.
3. In a large bowl, whisk together oil, sugar, egg, and vanilla. Slowly add flour mixture, and stir to combine; mix in oats and raisins.
4. Roll about two tablespoons of dough into a ball; place on two baking sheets lined with parchment paper, 1½ inches apart. Bake until lightly browned, 15 to 17 minutes, rotating sheets halfway through.
5. Cool 5 minutes on sheets, then transfer cookies to a wire rack to cool completely.

## Berry Yogurt Parfait

### Ingredients

- 2 cups berries
- 2 cups fat-free vanilla yogurt
- 1 cup granola

### Directions

1. Spoon ¼ cup yogurt into each of 4 parfait glasses.
2. Top each with ¼ cup of the berries and ¼ cup of granola.
3. Top with the remaining yogurt and berries.

## Strawberry-Banana Smoothie

### Ingredients

- 2 cups fat-free milk
- 1 (8-ounce) container low-fat vanilla yogurt
- 1 banana
- 2 cups fresh strawberries
- 1 cup ice cubes

### Directions

Remove stems of strawberries and peel the banana. Add all ingredients into a blender. Process until smooth.

## Homemade Granola

### Ingredients

- 2¾ cups regular oats
- ½ cup slivered almonds
- ½ cup dried cherries
- ½ cup coarsely chopped dried apricots
- ⅓ cup coarsely chopped walnuts
- ⅓ cup golden raisins
- ½ cup honey
- ⅓ cup margarine, melted

### Directions

1. Preheat oven to 350°.
2. Combine oats, almonds and next 4 ingredients (through raisins) in a medium bowl. Combine honey and butter. Drizzle honey mixture over oat mixture; toss to coat. Spread mixture in a single layer onto a jelly-roll pan.
3. Bake at 350° for 15 minutes; stir. Bake an additional 10 minutes or until lightly browned. Cool completely on pan. Break into pieces.

Source: *Cooking Light*

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## Peanut Butter Cranberry Go-Bars

### Ingredients

- 1 cup regular rolled oats (not quick-cooking)
- $\frac{1}{3}$  cup oat bran
- 3 tablespoons flax seed
- 1 cup whole wheat flour
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup chopped, roasted and salted peanuts
- $\frac{1}{2}$  cup dried cranberries
- $\frac{1}{2}$  cup finely chopped dried Mission figs
- $\frac{3}{4}$  cup natural chunky peanut butter
- $\frac{1}{4}$  cup low-fat milk
- 1 large egg
- $\frac{1}{2}$  cup honey
- Zest from 1 lemon
- 1 tablespoon fresh lemon juice

### Directions

1. Line a 9- by 13-in. pan with plastic wrap, leaving an overhand on the 9-in. sides, and coat with cooking spray. In a large bowl, stir together oats, oat bran, flax seeds, flour, baking powder, salt, peanuts, cranberries, and figs until well blended.
2. Beat together peanut butter, milk, egg, honey, lemon zest, and lemon juice until well blended.
3. Add flour mixture to peanut butter mixture and beat until completely blended. Scrape dough into pan and, with wet fingers or a rubber spatula, pat to fill pan completely and evenly (dough is sticky, so you may need to wash your hands a few times). Chill dough until firm, about 30 minutes.
4. Meanwhile, preheat oven to 300°. Invert pan onto a work surface, lift off pan, and peel off plastic. Using a bench scraper or knife, cut straight down lengthwise through middle, then crosswise to make 16 bars, each  $1\frac{1}{2}$  in. wide. Place bars about 1 in. apart on a baking sheet lined with parchment
5. Bake bars until lightly browned and somewhat firm to touch, about 20 minutes. Remove from oven and let cool completely.

Source: Sunset