



## Toddler Snack Ideas

### ANTS ON A LOG - An Old Favorite

Celery sticks filled with either peanut butter, cream cheese or hummus and topped with raisins, apple dices, seeds, nuts, banana dices etc..

These are great snacks for Toddlers! Many toddlers will just eat the "filling" and the raisins, which is just fine! Ensure what you add is appropriate for your Toddler

### APPLESAUCE GRAHAM CRACKERS

Graham Crackers  
Natural Applesauce  
Cinnamon  
Raisins  
Wheat Germ

Mix cinnamon, wheat germ and raisins into the applesauce. Spread over the graham crackers. Use any type of fruit purée you wish!  
Using low salt saltines, low-salt Ritz, pita bread slices, or plain rice cakes as your cracker base is just as good!!

### YOGURT CEREAL BARS

2 cups corn flakes - 3/4 flour - 1/4 cup firmly packed brown sugar  
1/2 teaspoon cinnamon - 1/2cup butter or margarine  
1 cup Flavoured Lowfat yogurt (banana/strawberry etc..) - 1 egg slightly beaten  
2 tablespoons flour  
Preheat oven to 350F

Combine cereal, 3/4 cup flour, sugar and cinnamon in a small bowl.  
Cut in butter or margarine until coarse crumbs form.  
Press 1/2 the mixture firmly into the bottom of a greased 8inch square pan.  
Mix yogurt, egg and 2 tablespoons flour in another small bowl.  
Spread over cereal mixture in pan and then sprinkle the remaining cereal mixture on top  
Bake for 30 minutes or until golden brown; cut into bars when cooled.

*Courtesy of Stonyfield Farms Yogurt*



## Toddler Snack Ideas – page 2

### ENERGY BALLS

- 1/4 cup finely grated carrots
- 1/4 cup rolled oats or Granola\*
- 1/4 cup raisins
- 1/4 cup wheat germ
- 1/4 cup sunflower seeds
- 1 Tablespoon honey
- 3 Tablespoons peanut butter

Mix and roll into balls. Easy carrots in the tummy!

\*Granola makes these Energy Balls more tasty and adds a nice crunch!

### TODDLER TRAIL MIX

- granola
- peanuts
- raisins
- dried fruits
- cereal rings (Oatie Os, Cheerios, Gorilla Munch, Barbara's Puffins etc. )
- carob or yogurt chips
- roasted soy "nuts"

### HOMEMADE FRUIT JIGGLERS

- 2 cups fruit juice of your choice (100% Natural Fruit Juice Only!)
- 3 tsp powdered gelatin
- 1/4 cup small cubed fruit of your choice

Place 1/4 cup of the juice in a cup; sprinkle gelatin over juice.

Stand cup in a small pan of simmering water, stir until gelatin is dissolved.

Stir gelatin mixture and fruits into remaining juice in a medium bowl or square/rectangular pan.

Refrigerate until firm.

Scoop into a cup or cut into shapes to serve. Let your Toddler help with the cutting of the shapes!

Break out the cookie cutters and make this a Toddler activity!



## Toddler Snack Ideas – page 3

### DIPPIN SAUCES

#### Peanutty Yogurt Dip

1 part plain or vanilla yogurt (1/4 cup)  
1/2 part peanut butter (4 tablespoons)  
honey to drizzle on top

#### Blueberry Yogurt Dip

1 part plain or vanilla yogurt (1/4 cup)  
1/2 part blueberry puree or 100% natural blueberry preserves (4 tablespoons)  
honey to drizzle on top

#### Honey of a Hummus -

1 can drained chick peas (garbanzo beans)  
1 cup tahini (add more or less until you get the desired consistency)  
1/4 cup honey

In a blender or food process or add chick peas, honey and tahini; blend until you get the desired consistency

#### Appley-Yogurt Dip

1 cup plain or vanilla yogurt  
1/2 cup Natural applesauce

Mix yogurt and applesauce and dip in your favorite fruits - some Toddlers even love this for dipping veggies!

### FRUIT SALAD

Dice Apples, Peaches, Bananas and Grapes (halve or quarter grapes as needed)  
Arrange fruits on a plate around a small bowl of plain, spiced or flavoured yogurt for dipping.

May be made into a parfait by layering fruits, then yogurt then fruits then yogurt in a small clear glass or bowl. Top with wheat germ or granola



## Toddler Snack Ideas – page 4

### STUFFED APPLES

1 large or medium apple - cored but not peeled

Stuff apple with peanut butter, raisins, wheat germ and drizzle with honey, top with coconut or crushed granola

Dig in with a spoon or have fun trying to eat with your hands!

You may wish to microwave the empty cored apple for a few seconds to allow it to soften a bit.

This snack will travel well in a lunchbox or to a playdate - the "stuffing" will help retard browning of the apple.

### APPLE TOPPED WITH BLUEBERRIES AND MUESLI

#### Ingredients

2 large apples, peeled and remove seeds - cut into wedges

1 cup frozen blueberries

3/4 cup mixed fruit muesli (crush if needed for older babies)

2 tablespoons maple syrup

50g butter, melted

vanilla yogurt to serve (optional) vanilla ice cream or frozen vanilla yogurt if you want to indulge your toddler

Preheat oven to 375F. Line a baking tray with baking paper. Lay apple wedges on baking tray and top with raspberries. Sprinkle muesli over, then drizzle with maple syrup and butter. Bake for 15 minutes, or until tops are golden and fruit tender. Serve apple warm with vanilla yogurt.

### CROCK-POT BREAD PUDDING (2 toddler thumbs up from us!!)

4 cups French bread cubes, toasted - 2 1/2 cups milk, scalded, cooled slightly

2 eggs, beaten - 3/4 cup sugar - 1/4 teaspoon cinnamon - dash nutmeg

dash salt - 1 teaspoon vanilla extract - 2 tablespoons melted butter

1/2 cup raisins, optional (chopped apples are great too!)

dessert sauce or whipped cream for garnish

#### Prep:

Lightly butter the slow cooker then add bread cubes. In a small bowl, whisk together the scalded milk, eggs, sugar, cinnamon, nutmeg, salt, vanilla, and melted butter. Pour milk mixture over the bread cubes then add raisins, if desired. Gently, using a large spoon or spatula, press bread cubes down into mixture so all bread pieces will soak up milk mixture. Do not stir. Cover and cook on LOW setting for 5 to 6 hours, until bread pudding is set. Serve - with Frozen Vanilla Yogurt!



## Toddler Snack Ideas – page 5

### QUICK -N- EASY SMOOTHIE

- 1 cup 100% nothing added fruit juice
- 1 cup plain, vanilla or fruited yogurt (not with fruit on the bottom!)

Place yogurt and juice in lidded container/cup and shake until mixed well  
Pour into Toddler's cup

### FROZEN BAN-OLA

- 1 medium sized banana - peeled
- 1/2 cup crushed granola
- plain or vanilla yogurt (blueberry yogurt is yummy too!)

Dip banana in your choice of yogurt  
Roll banana in crushed granola  
Place in freezer bag and freeze. May be eaten without being frozen also