

5 Quick, cute, healthy snacks for kids



Welcome to the growing community of Eating Richly - Even When You're Broke! We're so glad you signed up for our weekly email, and as a special thank you, are excited to share our top 5 quick, cute, and healthy kid snacks. Each snack is ready in about 5 minutes, and is perfect for both toddlers and big kids. You can print the pdf, or use it digitally. If you're reading it on your phone, tablet, or computer, you can click on the pictures to view them larger in a web browser. Hope you enjoy these snacks as much as our family does!



Kiwi Turtles

Makes: 4 turtles

Kiwis are full of fiber and vitamin C, but some kids don't like them because they're green. Fortunately, these kiwi turtles are too cute to resist. This recipe makes four little turtles, and my two year old gobbles up all four, but you could definitely split them between multiple children.

Ingredients

- 1 kiwi
- 9 green grapes

Instructions

1. Peel your kiwi. I slice off the two ends (about 1/2 an inch for each end), then use a large dinner spoon inserted between the peel and flesh to scoop the fruit from the peel.
2. Slice the kiwi into four rounds.
3. Lay each round flat and place a grape at one end of each piece for the head.
4. Cut four grapes into quarters and use them for feet on each turtle.
5. Cut the last grape into slivers for a tail for each turtle.



Banana “sushi”

Makes: 6 pieces

This cute sushi roll is actually made with peanut butter, bananas, and puffed rice cereal, all wrapped in a whole grain tortilla. You get protein, fruit, and whole grains all in one adorable snack! This is great finger food for toddlers, and fun chopsticks practice for older kids.



Ingredients

- 1 large whole grain tortilla
- 2 tablespoons peanut butter (we love Adam's crunchy)
- 1/4 cup puffed rice cereal (I like a [whole grain brown rice cereal](#))
- 1 banana, peeled

Instructions

1. Spread the tortilla with the peanut butter.
2. Sprinkle the rice cereal over most of the tortilla, leaving a nice border on one edge for sealing the roll.
3. Place the banana on the other edge and begin rolling it up in the tortilla, then use the peanut butter on the opposite edge of the tortilla to seal your roll. If your banana is really curvy, you can break it in half and rotate one side like I did in the photo above.
4. Cut off the messy ends (those are for mommy!), then slice the roll into inch wide rounds.

Sandwich roll snail

Makes: 6 sandwich rolls

These adorable little snails are simply sandwich spirals on dill pickle halves. The recipe makes six snails, so it's perfect for feeding multiple kids, or for lunch for two or three kids. Feel free to substitute your child or grandchild's favorite lunch meat or cheese for the turkey and cheddar.



Ingredients and supplies

- 1 large whole grain tortilla
- 2 teaspoons mayonnaise
- 1/4 cup baby spinach
- 2 slices turkey lunch meat
- 2 slices cheddar cheese
- 3 baby dill pickles
- 12 Toothpicks

Instructions

1. Spread the tortilla with the mayonnaise.
2. Arrange the baby spinach in a single layer on the tortilla.
3. Place the two slices of turkey side by side on the spinach, then place the two slices of cheese on the turkey.
4. Starting at one end, roll your wrap tightly.
5. Cut off the ends of the wrap, about an inch in. (those scrap ends are mommy's snacks!).
6. Cut the remaining wrap into six segments.
7. Cut each pickle in half at an angle, then use a toothpick tip to secure each sandwich spiral to one pickle half. The sliced end of the pickle should rest on the plate so that the snail's head is slightly raised.
8. Use additional toothpicks, broken in half, as antennae. Make sure your kids are aware of the toothpicks and remove them before eating!





Grape Caterpillars

Makes: 1 caterpillar

I first ate these at a friend's house as a child, and have since made them for dozens of kids. Most kids love grapes, but always wants to eat them by the bowl full. These cute caterpillars are ridiculously simple, and are a great way to limit your child's portion to only what's on the skewer. I love serving this snack right after Corban and I read [The Very Hungry Caterpillar](#).

Ingredients and Supplies

- 9 green grapes
- 1/4 teaspoon cream cheese
- 2 mini chocolate chips
- 1 bbq skewer
- 1 toothpick
- red or black food pen (optional)

Instructions

1. Thread 8 grapes onto the skewer.
2. For the final grape, only push the skewer halfway through the grape, then move the rest of the grapes back down the skewer so they're all touching.
3. Use a toothpick to carefully place two dabs of cream cheese in place for eyes.
4. Press each chocolate chip, point down, into the cream cheese dabs. The toothpick can help with this step if you have chubby fingertips like me!
5. If you have a food coloring pen ([Americolor pens](#) are my favorite!), use a red or black one to draw a smile on your caterpillar.
6. For toddlers, have your child pull the grapes off the skewer, then cut them in half to prevent the possibility of choking.



Apple Cars

Makes: 8 cars

Most boys, and a lot of girls, are really into vehicles of any kind, so these cars may become a favorite snack. Kids love playing with them as much as they love eating them! The recipe makes eight cars, so works great for 3-4 kids. Corban usually only eats two cars, so I snack on the rest of the fruit myself.

Ingredients and supplies

- 1 large apple
- pineapple juice (optional)
- 16 purple grapes
- 24 blueberries (fresh is easiest but frozen works too)
- 16 toothpicks

Instructions

1. Slice the apple into 8 wedges. I love using an [apple corer/slicer](#) for this.
2. If you won't be serving the cars immediately, dip each wedge into pineapple juice. The pineapple juice prevents browning, and is more appealing to kids' palates than lemon juice.
3. Slice each grape in half.
4. Use a two toothpicks in each apple slice to attach four grapes halves as tires, with the cut side of the grape facing out.
5. Poke a blueberry onto each tire to cap the toothpicks. Make sure your kids are aware of the toothpicks and remove them before eating!

If you love these healthy kid snacks, please feel free to forward this to a friend!

