

School Snack Guide

Fall 2016



Welcome to a new school year!

It can be hard to know what to send to school for a healthy, delicious, easy-to-make snack that your child will love. Whether you're packing a snack just for your own child or for the whole class, here are some ideas.



Sugarless Apple Crisp

Ingredients:

4 cups apples, thinly sliced and peeled (optional)

2 Tbsp maple syrup

½ tsp cinnamon

For the topping

½ cup old fashioned rolled oats

2 Tbsp whole wheat flour

2 Tbsp coconut oil, melted

1 Tbsp maple syrup

½ tsp cinnamon

Directions:

1. Preheat oven to 375F.

2. Combine apples, maple syrup, and cinnamon in a pie plate or square baking dish.

3. In a bowl, combine oats, flour, coconut oil, maple syrup, and cinnamon.

4. Top apple mixture with oat mixture. Bake 25-30 minutes, or until apples are soft.

Power Bites

Ingredients:

½ cup puffed millet

½ cup puffed brown rice

½ cup puffed kamut

¼ cup sesame seeds

1/3 cup sunflower butter

½ cup honey

¾ cup shredded unsweetened coconut

½ cup diced prunes

You can also replace any of these ingredients with your own favorites- try granola, oats, raisins, dried cranberries, dried apples, dried dates, maple syrup, agave nectar, cinnamon, ground ginger, pumpkin or sunflower seeds, and any type of nut butter (be aware of your school's nut policy). Just make sure you use enough sticky ingredients for the bites to stick together.

Directions:

1. In a large bowl combine sunflower butter and honey.

2. Add remaining ingredients and form into balls.

Alternatively, you can use these same ingredients to make no-bake granola bars. Just spread your mixture in a flat pan lined with parchment paper, cover with foil or plastic wrap, and press firmly. Refrigerate for at least 4 hours. Cut into bars and wrap individually.

Zucchini Muffins

Adapted from www.gimmesomeoven.com/healthy-zucchini-muffins-recipe

Ingredients:

1 2/3 cups white whole wheat flour or all purpose flour
 1 tsp baking powder
 1 tsp baking soda
 1 tsp ground cinnamon
 ½ teaspoon salt
 1 egg
 ½ cup maple syrup
 ½ cup milk (or milk alternative such as almond, soy, etc.)
 ¼ cup melted coconut oil (you can also use canola, avocado, or sunflower seed oil)
 1 tsp vanilla extract
 1 ½ cups grated fresh zucchini
 1/3 cups old-fashioned oats (uncooked), plus extra for sprinkling

Directions:

1. Heat oven to 350 degrees Fahrenheit. Prepare a 12 cup muffin pan by either greasing it with cooking spray or lining the cups with paper liners, Set aside.
2. In a large mixing bowl, whisk together flour, baking powder, baking soda, cinnamon, and salt until combined. Set aside.
3. In a separate mixing bowl, whisk together egg, maple syrup, milk, coconut oil, and vanilla extract until combined. Pour this mixture into the dry ingredient mixture, and stir with a spoon until just combined. (Do not overmix.) Stir in the zucchini and oats until just combined.
4. Portion the batter evenly between 12 baking cups. Then sprinkle extra oats on top of each, if desired.
5. Bake for 18-20 minutes, or until a toothpick inserted in the center of the muffin comes out clean. Store in a sealed container or freeze.

More Snack Ideas:

- Sliced carrots or cucumbers
- Cut up watermelon or cantaloupe
- Steamed edamame
- Veggie hummus pita pockets
- Fruit salad or granola with yogurt
- Dried fruit
- Roasted chickpeas
- Whole grain rice cakes with hummus or sunflower butter
- Homemade smoothies
- Hard-boiled egg
- Baked tortilla chips with bean dips, hummus, salsa, or guacamole
- Roasted pumpkin seeds
- Apples and cinnamon

Sweet Potato Chips**Ingredients:**

1 large sweet potato (this recipe will also work with regular potatoes, apples or bananas)
 Your favorite spices- cumin, paprika, onion powder, cayenne, and cinnamon are some ideas
 Olive oil
 Salt

Directions:

1. Pre heat the oven to 400.
2. Slice the sweet potato as thinly and uniformly as possible using a mandolin or veggie peeler.
3. In a large bowl, toss potatoes with oil and ground spices of your choice
4. Line a baking sheet with parchment paper and arrange potatoes in a single layer.
5. Cook the chips for 5 minutes, flip, and cook for another 3 minutes or so or until the edges are crisp and golden.
6. Enjoy warm from the oven or at room temperature.