

AFTERSCHOOL SNACK IDEAS AND RECIPES

- Yogurt parfait – vanilla yogurt, frozen/fresh fruit, nut-free granola
- Rice crackers with peanut butter or Wowbutter and bananas
- Healthy breakfast cereal
- Pizza rolls – add pizza sauce, string cheese and pizza toppings (optional) to a wholewheat tortilla and roll!
- Tortilla roll with cream cheese and veggies (cucumbers, carrots, bell peppers, etc)
- Fruit with light whipped cream served in edible ice-cream waffle bowls (treat)
- Hummus with veggies, pretzel sticks, or pita
- Chocolate hummus with pretzel and apple slice (see below for chocolate hummus recipe)
- Ants on a log or “apple doughnuts”
 - Cut celery sticks into 3 or 4 pieces
 - Spread peanut butter or Wowbutter in the celery sticks
 - Place raisins or chocolate chips as the ants
 - Try other variations (use different veggies, use cream cheese, hummus, etc.)
 - Same can be done with Apples that are cored and cut into rounds. Children can brainstorm different/healthy topping ideas



Picture source: www.thelemonbowl.com



Picture source: www.eatbydate.com

- **Banana Sushi**

- Flatten bread or use a tortilla to make the “rice/seaweed”.
- Add peanut butter, Nutella or Wowbutter and banana. Roll tightly
- If you don’t want to use bread or tortilla, roll the nut butter covered banana in crispy rice cereal, seeds, nuts, etc.
- Cut into half inch slices. Give children chopsticks so they can practice how to use them!



Picture source: www.pinterest.com



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- **Bean salad**

- Rinse canned beans thoroughly
- Add veggies of your choice (carrots, celery, peppers, tomato’s, cilantro etc.)
- Add a vinaigrette of your choice
- Add salt, peppers, herbs to taste

- **Banana “ice cream” (requires blender)**

- Blend frozen bananas, frozen fruit and yogurt. Serve in edible ice-cream waffle cup for an extra treat

- **Chia seed pudding**

- Mix 1/3 cup chia seeds and 2 cups milk
- Add mix-in such as fruit, chocolate chips, coconut flakes, cinnamon, maple syrup etc.
- Use mason jars to make individual flavours. Place in fridge and eat the next day.

MORE RECIPES BELOW

Cereal Bars	
Ingredients ½ cup wow butter ½ cup honey ½ tsp vanilla 3 ½ cups cheerios	Yield: 8 bars
Instructions: <ul style="list-style-type: none">• Line 8x8 pan with parchment paper• Combine wow butter and honey in saucepan. Cook 3 minutes, stirring frequently• Remove from heat and stir in vanilla• Add dry cereal and stir until coated• Press into pan using cling wrap to press down in pan• Place in freezer for 15 minutes until set or refrigerate for one hour	

No Bake Energy Bites	
Ingredients 1 cup dry old-fashioned oats 2/3 cup toasted unsweetened coconut* or substitute for dried fruit of your choice ½ cup wow butter ½ cup ground flax seed ¼ cup honey ¼ cup unsweetened cocoa powder 1 tbsp chia seeds (optional) 1 tsp vanilla extract	Yield: 25 one-inch balls
Instructions: <ul style="list-style-type: none">• In mixing bowl, stir all ingredients together until completely mixed• Chill dough in freezer for 10 minutes or refrigerate for ½ hour to make dough easier to handle• Use an ice cream scoop or your hands to mold dough into balls. If mix is too dry; add an extra tbsp of honey or wow butter. If mix is too wet, add extra oatmeal a little at a time• To toast unsweetened coconut, place in skillet over medium-low heat stirring frequently until lightly browned, approximately 3-5 minutes	

Nut Free Trail Mix

Ingredients	½ cup sunflower seeds
2 cups Shreddies	½ cup dried blueberries or cranberries
2 cups cheerios	1/3 cup dark chocolate Chipits (70% cocoa)
¾ cup pumpkin seeds (pepitas)	2 tbsp butter melted
1 tsp cinnamon	1 tbsp brown sugar (optional)

Instructions:

- Put cereals and pumpkin seeds in large microwave-safe bowl; pour melted butter in and stir well to coat; sprinkle in cinnamon and sugar (if using) while stirring
- Microwave for 90 seconds; stir then microwave another 90 seconds
- Spread on baking sheet to cool; when cool, add dried fruit and sunflower seeds

Quesadillas

Ingredients	Yield: 6 Quesadillas
1 can refried beans	
Veggies of your choice (bell peppers, onions, etc)	
1 bag shredded cheese blend or grate your own block of marble cheese	
1 package tortillas (10-12)	
Salsa & sour cream	

Instructions:

- Preheat oven to 325 degrees
- Spread refried beans and veggies over tortilla , sprinkle with cheese and top with another tortilla
- Place tortillas on two baking sheets and bake for approximately 5 mins or until cheese is melted
- Serve with salsa and sour cream

Chocolate Hummus

Ingredients
1 ½ cups or 1 can of cooked chickpeas
¼ teaspoon salt (1/8 teaspoon salt if using canned chickpeas)
½ teaspoon vanilla extract
3 ½ tablespoons maple syrup
4 tablespoons unsweetened cocoa powder

Instructions:

- Cook and strain chickpeas. Remove as much of the chickpea skin when washing. If you are using canned chickpeas, wash and strain them 3 times to remove excess salt.
- Combine all ingredients in food processor or blender. Blend until mixture is smooth. Add water (1 tablespoon at a time) if mixture is too thick for your preference. Add more salt, syrup, or cocoa powder to taste
- Serve with apple slices, graham crackers, pretzel sticks, etc.

English Muffin Pizza	
Ingredients 8 whole wheat muffins 1 ½ cups prepared pizza sauce Pinch of salt and pepper 2 cups shredded part-skim mozzarella cheese ½ teaspoon Italian seasoning Toppings of choice, such as mini pepperoni, sauteed veggies like spinach, mushrooms, pineapple tidbits	Yield: 16 half's
Instructions: <ul style="list-style-type: none">• Preheat oven to 400 degrees F; line a baking sheet with parchment paper• Arrange the English muffin halves cut side up on a baking sheet; lightly drizzle with olive oil; place in oven and toast until barely golden, about 4 minutes• Spoon 1 ½ tbsp pizza sauce over each one using the back of a spoon to spread evenly; sprinkle with salt and pepper; top with cheese, Italian seasoning and any desired toppings• Bake for 10 minutes until the cheese is melted and the muffins are brown on the edges	

Apple Pie Bites	
Ingredients 1 8 ounce tube Pillsbury crescent rolls 3 tbsp brown sugar 3 tbsp unsalted butter or margarine 1 apple, cored and sliced in 8 (1/2 inch) slices 1 ½ tsp apple pie spice	Yield: 8 bites
Instructions: <ul style="list-style-type: none">• Preheat oven to 375 degrees F; line a baking sheet with parchment paper• In small bowl combine spices and brown sugar; set aside• Toss apple slices in melted butter; set aside• Arrange crescent roll triangles on baking sheet line with parchment; evenly distribute brown sugar mixture onto each triangle• Place an apple slice on the wide end of each triangle; wrap crescent roll dough around each apple• Brush each roll with remaining butter; sprinkle lightly with additional spice mixture• Bake 10 minutes or until golden brown; cool 5 minutes before serving	

Flatbread (no yeast)

Ingredients 2 cups all-purpose or whole wheat flour, plus extra for dusting ½ tsp salt 3½ tbsp butter ¾ cup milk ½ tbsp cooking oil	Yield: 4 flatbreads
Instructions: <ul style="list-style-type: none">• In microwave or stovetop, heat butter and milk until butter is just melted• Mix the 2 cups of flour with the salt; combine with butter and milk with hands to make dough• Sprinkle work surface with small amount of flour and knead dough for several minutes until dough is smooth and elastic; adding more flour if dough is sticky• Wrap with cling wrap and let rest at room temperature for 30 minutes• Cut dough into 4 pieces and roll into balls. Roll out on floured surface to 1/8 inch thickness• Heat oil in non-stick pan over medium heat; place one flatbread in pan cooking for approximately 1-1 ½ minutes until dough bubbles, then flip and cook on other side, pressing down if dough puffs up. There should be brown spots on both sides• Brush or spray bread with olive oil, butter or melted butter mixed with garlic butter• Serve with tzatziki or hummus	

Recipes provided by
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