

## 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](http://www.thelemonbowl.com)



Picture source: [www.eatbydate.com](http://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](http://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**

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

<b>No Bake Energy Bites</b>	
<b>Ingredients</b> 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	<b>Yield: 25 one-inch balls</b>
<b>Instructions:</b> <ul style="list-style-type: none"><li>• In mixing bowl, stir all ingredients together until completely mixed</li><li>• Chill dough in freezer for 10 minutes or refrigerate for ½ hour to make dough easier to handle</li><li>• 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</li><li>• To toast unsweetened coconut, place in skillet over medium-low heat stirring frequently until lightly browned, approximately 3-5 minutes</li></ul>	

## Nut Free Trail Mix

<b>Ingredients</b>	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

<b>Ingredients</b>	<b>Yield: 6 Quesadillas</b>
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

<b>Ingredients</b>
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.

<b>English Muffin Pizza</b>	
<b>Ingredients</b> 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	<b>Yield: 16 half's</b>
<b>Instructions:</b> <ul style="list-style-type: none"><li>• Preheat oven to 400 degrees F; line a baking sheet with parchment paper</li><li>• 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</li><li>• 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</li><li>• Bake for 10 minutes until the cheese is melted and the muffins are brown on the edges</li></ul>	

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

## Flatbread (no yeast)

<b>Ingredients</b> 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	<b>Yield: 4 flatbreads</b>
<b>Instructions:</b> <ul style="list-style-type: none"><li>• In microwave or stovetop, heat butter and milk until butter is just melted</li><li>• Mix the 2 cups of flour with the salt; combine with butter and milk with hands to make dough</li><li>• 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</li><li>• Wrap with cling wrap and let rest at room temperature for 30 minutes</li><li>• Cut dough into 4 pieces and roll into balls. Roll out on floured surface to 1/8 inch thickness</li><li>• 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</li><li>• Brush or spray bread with olive oil, butter or melted butter mixed with garlic butter</li><li>• Serve with tzatziki or hummus</li></ul>	

**Recipes provided by**  
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