



MUNCH TIME

Fun Snacks to Share with Kids



Healthy Start

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Acknowledgments

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This book is dedicated to all caregivers who work hard to provide healthy meals and a nurturing environment for children; it's not easy, but it's worth it!

Who we are

Healthy Start is a program where people learn how to give their children the healthiest start possible. We offer pregnancy and parenting groups across Winnipeg.

Our program offers acceptance, information and support in an inclusive environment.

Our team answers questions about nutrition, nurturing and neighbourhood supports to help individuals, babies and families grow and thrive.

Please visit our website at www.hsम्म.ca

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HAPPY SNACKING

Snack time is a great time to talk about your favourite things to eat, try new foods and spend time together preparing a snack.

It's also a great time to connect with kids and talk about their feelings, their plans for the day, friends, books they've read – the topics are endless.

SNACK TIPS

Offer: fruits and vegetables

protein foods like beans, yogurt, cheese, eggs or meat

whole grain foods like whole wheat crackers or bread

water to drink with snacks

snacks in big bowls or plates, so kids can choose what they want to eat

Provide opportunities for kids (and adults) to taste something new.

Let kids help with age-appropriate tasks.

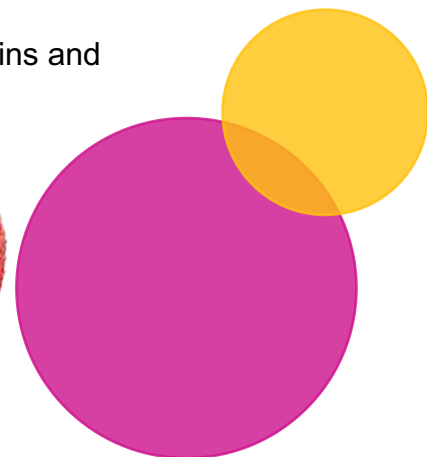


SERVING SNACKS SAFELY

When choosing snacks, consider a child's age and abilities.

Foods like seeds, nuts, roasted chickpeas, whole grapes, popcorn, raisins and other dried fruits may be a choking risk.

Always stay with children while they are eating.





YOGURT CEREAL PARFAITS

Ingredients

- 2 cups yogurt
- 1 can (398 mL) pineapple tidbits (or other fruit)
- 1 cup bran cereal (or any other cereal)

Directions

1. Spoon yogurt into small bowls or cups.
2. Add layer of fruit, then cereal, and repeat with another layer until bowls are filled.

Tips

- Kids can layer their own cup, which is a great way to practice fine motor skills.
- Offer other fresh or thawed frozen fruits (strawberries, blueberries, mango, banana slices, etc.) and keep toppings separate for kids to choose.
- Ensure all fruit and cereal pieces are small and bite-sized when serving children ages 1-4.



BANANA OAT COOKIES

Ingredients

2 very ripe bananas (with brown spots)
2 cups quick oats
½ cup chocolate chips

Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or grease with a little oil.
2. In a large bowl, mash bananas using a fork until smooth. Add in quick oats and chocolate chips. Mix until combined.
3. Scoop out batter using a tablespoon and roll into 16 balls. Place onto a baking sheet and flatten each cookie lightly with a fork. Bake for about 15 minutes or until cookies are light brown.

Tips

- Older kids can help mix and scoop out cookie batter and help with clean up as the cookies bake.
- Let children shake sprinkles on top of the cookies before baking.
- Serve the cookies on their own or with fresh fruit or vegetables.
- Break apart each cookie into small, bite-sized pieces for small children.



APPLE SNACKS

Ingredients

1-2 apples (thinly sliced for young children) and cinnamon (to taste)

Peanut Butter Dip

1 cup plain Greek yogurt
2 tablespoons peanut butter
1 tablespoon honey*

Honey Dip

1 cup plain Greek yogurt
2 tablespoons honey*

**Honey should not be fed to infants under 1 year of age (Health Canada)*

Directions

1. Slice apples and sprinkle with cinnamon (optional).
2. Make either dip by mixing ingredients together in a bowl.
3. Serve the dip with apple slices. Cover and store remaining dip in the refrigerator for up to 3 days.

Tips

- Kids can sprinkle cinnamon onto apple slices and mix the dip. The dip is a good source of protein.
- Use a mix of green and red apples or other fruit or crackers to dip.
- Give each child their own dipping container.



DIP ME!

Ingredients

Hummus

¼ cup oil (olive or canola)
½ teaspoon cumin
½ teaspoon garlic powder
2 tablespoons lemon juice
1 can (540 mL) chickpeas, drained
¼ cup water (or drained liquid from can)
½ teaspoon salt

Dilly Dip

1 cup plain yogurt
½ teaspoon dried dill
1 teaspoon dried onion flakes
¼ teaspoon of salt
¼ teaspoon of pepper
1 teaspoon garlic powder

Directions

1. **Hummus** – place all ingredients in a blender or food processor and blend until smooth.
2. **Dilly Dip** – place all ingredients in a small bowl and combine together with a spoon.
3. Offer the chilled hummus or dilly dip with carrot sticks, celery, bell peppers, thinly sliced cucumbers, or crackers.

Tips

- Place hummus in a small cup and add carrots/crackers for dipping as a fun way to serve!
- Let kids dip or spread dip on vegetables, crackers, slices of bread on their own.
- Cut vegetables into different shapes – carrot sticks, cucumber rounds, broccoli trees.
- Play “copy-cat” with kids; they choose the vegetable and dip, and you copy them.



FRUIT WANDS

Ingredients

2 cups fruit, choose 2-3 options: canned peaches, pears, orange segments, pineapple, strawberries, bananas, mango, kiwi, papaya

Directions

Chop fruit into small, bite-sized pieces and slide onto popsicle sticks or large straws.

Tips

- Try different fruits like kiwi, dragon fruit, or pears along with a familiar fruit like bananas or oranges.
- Cut or press fruit into fun shapes (circles, hearts, stars, animals) with small cookie cutters.
- Try using thawed frozen fruit like mango, peaches or strawberries.
- Children can slide their favorite fruit onto the wand.
- Add cubes of cheese (like cheddar or mozzarella) to the wands.
- Always stay with kids while they are eating.



EGGCELLENT MINI FRITTATAS

Ingredients

3 eggs, beaten
2 tablespoons milk

¼ cup shredded cheese
¼ cup chopped vegetables: red or green peppers, mushrooms, tomatoes, broccoli, peas, corn, carrots, or spinach

Directions

1. Preheat oven to 375°F. Grease a mini muffin pan with margarine, cooking spray, or canola oil.
2. In a bowl, mix eggs with whisk or fork then add milk, cheese, and vegetables.
3. Stir all ingredients and add 1-2 tablespoons of mixture into the greased muffin tin. Bake for 12-14 minutes or until edges are browned and eggs are no longer runny. If you are using a deeper muffin tin, you may need to cook longer.

Tips

- Children can help pick the vegetables. Use frozen vegetables (broccoli, corn, peas) instead of fresh to save time.
- Kids can whisk or mix the eggs and add in vegetables.
- Grate harder vegetables (e.g. carrots) for younger kids.



TUNA TWIST

Ingredients

1 can (185 g) tuna in water, drained
¼ cup Greek yogurt, plain
1 green onion, finely chopped

1 teaspoon lemon juice
1 teaspoon dry dill (optional)
Whole wheat tortilla wraps

Directions

1. Place all ingredients (except whole wheat tortillas) in a bowl and mix until combined.
2. Spread the tuna mix over whole wheat wraps.
3. Carefully roll the tortilla, tucking in the two outer sides as you roll. Slice the rolled wraps into wheels and serve with raw veggies.

Tips

- Add chopped celery, fresh parsley, grated carrot or apple to the tuna salad mix.
- Instead of Greek yogurt, try cottage cheese or mashed avocado.
- Kids can help mash the tuna and mix ingredients together. Older kids can help roll the tortillas and choose which vegetables they would like to eat.
- Other ways to serve the tuna mix: spread onto cucumber rounds, fill celery sticks, spread onto crackers or toast, or as a sandwich filling.



PASTA SALAD BAR

Ingredients

Cooked pasta of your choice

Choose 3-5 options: cherry tomatoes, peppers, cucumbers, cooked/canned beans, feta/cubed cheese, cubed ham or roast chicken, boiled eggs, olives, avocado, chickpeas, salad dressing

Directions

1. Cook pasta until soft; drain and cool.
2. While pasta cools, prepare remaining ingredients for the pasta salad, and arrange into bowls.
3. Let kids choose their salad ingredients and add their own dressing. They are the chef!

Tips

- A pasta salad bar gives an opportunity to showcase a “new” ingredient (such as avocado, chickpeas, olives) and children have the choice to try or not.
- Children can measure and mix a homemade dressing to add to the salad (see page 11 for Dilly Dip recipe) – or use your favourite store-bought version.
- When serving children ages 1-4, ensure pasta and vegetable pieces are small and bite-sized (e.g., macaroni, chopped penne, or another small pasta).



GREEN MONSTER MUFFINS

Ingredients

½ cup unsweetened applesauce
1 egg
2 teaspoons vanilla extract
1 cup fresh spinach, packed
2 tablespoons vegetable or canola oil

⅓ cup sugar
1 ½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt

Directions

1. Preheat oven to 350°F. Grease mini muffin tin with oil.
2. Place applesauce, egg, vanilla, spinach and oil in a food processor or blender and blend until smooth.
3. Place dry ingredients in a separate bowl and stir.
4. Slowly mix blended ingredients into dry ingredients until just combined.
5. Scoop batter into greased mini muffin tins, filling each cup a little more than halfway (this recipe makes 24 mini muffins). Bake for 8-12 minutes (15 minutes for regular muffin tins).

Tips

- Kids can scoop and measure ingredients, rip up spinach leaves, and stir.
- Turn on some music and have a dance party while you wait for the muffins to bake.
- Ask kids – what makes the muffins turn green? Have kids name other colourful foods.



YUMMY BEAN DIP

Ingredients

1 can white or red kidney beans (540g)
2 tablespoons plain Greek yogurt
¼ teaspoon salt

2 tablespoons canola or vegetable oil
1 teaspoon garlic powder

Directions

1. Rinse and drain a can of beans and transfer to a bowl.
2. Using a fork or a potato masher, mash beans until a few chunky pieces remain.
3. Add in yogurt, salt, oil, and garlic powder. Mix until combined.
4. Keep covered in the fridge until ready to serve.

Tips

- Kids can use crackers or zucchini sticks (or other vegetables) to scoop out their own dip.
- Kids can help mash the beans with a masher or clean hands.
- Ask what vegetables they want to eat with their dip.



SUPER SMOOTHIES

Ingredients

- 1 cup frozen fruit (e.g., mango, blueberries, or strawberries)
- 2 cups milk
- 2 bananas
- ½ cup ice

Directions

1. In a blender, add all ingredients.
2. Blend until smooth and add more milk if the mixture is too thick.
3. Serve and enjoy!

Tips

- Ask kids what kind of fruit they would like to include – try different combinations.
- Add a small handful of fresh or frozen spinach to create a green-coloured smoothie.
- Play a game of freeze with kids – dance, jump, or hop on one foot while the blender is running and freeze as soon as it stops.
- Freeze leftover smoothie mix in a popsicle mold to eat later.



TOFU FRIES

Ingredients

1 package extra-firm tofu	½ teaspoon salt	1 cup bread crumbs (dry and fine)
1 tablespoon barbecue sauce or 1 egg	½ teaspoon pepper	1 tablespoon parsley
3 tablespoons parmesan cheese	1 teaspoon oregano	½ teaspoon garlic powder

Directions

1. Preheat oven to 375°F. Grease a baking sheet with oil.
2. Cut tofu into strips (like french fries or thin strips for younger kids) and place in a large bowl.
3. Add 1 tablespoon barbecue sauce (or 1 beaten egg) to the tofu strips. Mix with your hands. Let sit for 1-2 hours to marinate.
4. In another bowl, combine remaining ingredients and pour into a sandwich bag.
5. Take 1 tofu strip and place in the bag. Shake until coated. Repeat for each tofu strip.
6. Place on greased baking sheet.
7. Bake for about 15 minutes, then flip them and cook for another 15 minutes or until golden brown.

Tips

- Children can help shake the bag for each strip or give them their own bag and do it together.
- Ask what kind of dip they want to include – Dilly Dip (see page 11), ketchup, or barbecue sauce.



GINGERBREAD PANCAKES

Ingredients

- | | |
|-----------------------------|---|
| 1 ½ cups all-purpose flour | ½ teaspoon cloves (optional) |
| ⅓ cup brown sugar | ¼ teaspoon salt |
| 1 ½ teaspoons baking powder | 1 ¼ cup milk |
| ½ teaspoon baking soda | 2 tablespoons molasses (or maple syrup) |
| ½ teaspoon ginger | 2 large eggs |
| ¼ teaspoon nutmeg | 2 tablespoons melted butter or margarine for frying |

Directions

1. Mix flour, sugar, baking powder, ginger, baking soda, nutmeg, cloves and salt in a bowl.
2. In a separate bowl, mix milk, molasses and eggs with a fork or whisk.
3. Add flour mixture into egg mixture and mix until just combined.
4. Let the batter sit for 10-15 minutes to thicken. Grease a frying pan over medium heat. Drop 2 tablespoons of the mixture on the heated pan and cook until bubbles form.
5. Flip and cook until browned on the other side. Repeat with remaining batter.
6. Serve with fresh fruit, maple syrup or yogurt.

Tips

- Kids can help measure ingredients and stir the batter.
- Cut finished pancakes into gingerbread people using cookie cutters and decorate with fruit.



ABC FRITTERS (Amazing Broccoli Carrot)

Ingredients

3 cups fresh or frozen broccoli, finely chopped
2 carrots, grated
2 green onions, thinly sliced
¼ teaspoon salt

½ cup flour, white or whole wheat
2 eggs, beaten
¼ teaspoon garlic powder
1 tablespoon oil (to coat frying pan)

Directions

1. Combine broccoli, carrots and green onions in a large bowl.
2. Add salt, flour, eggs, garlic powder and mix well.
3. Heat 1 teaspoon of oil in a large frying pan over medium heat. Once hot, add ¼ cup of the mixture and flatten each fritter with a spatula.
4. Cook fritters for 3 minutes on each side, until golden brown on both sides. Add another teaspoon of oil between batches.
5. Place cooked fritters onto a plate to cool.

Tips

- Kids can help grate carrots or beat eggs. Serve the fritters with your favorite dip.
- Ask kids what vegetables they love to eat and why.



BANANA SUSHI BITES

Ingredients

- 2 whole wheat tortillas
- ¼ cup peanut butter or nut butter alternative
- 2 bananas, peeled

Directions

1. Place one tortilla on a flat surface and spread 2 tablespoons of peanut butter evenly.
2. Place one banana near the edge of the tortilla and roll tortilla up.
3. Slice into ½ inch rounds and serve.

Note: If the tortilla is stiff, put it in the microwave between two moist paper towels and heat for 15-20 seconds until softened.

Tips

- Older kids can spread peanut butter across tortillas and peel bananas.
- Younger kids can place bananas on tortillas and help roll them up.
- Try using almond or sunflower butter instead of peanut butter for something new.



SNOWMAN PIZZAS

Ingredients

English muffins
Pizza sauce

Mozzarella cheese
Pizza toppings: olives, peppers, tomatoes, etc.

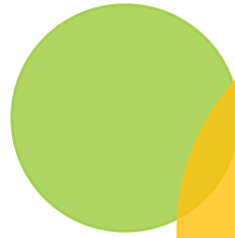
Directions

1. Preheat oven to 350°F.
2. Cut an English muffin in half and add pizza sauce to each half.
3. Top with cheese.
4. Add toppings or make a snowman face! You can use black olives for the eyes and mouth, an orange pepper for the nose, red peppers for the scarf and strips of bread for the arms.
5. Place in oven for 10-15 minutes until cheese is melted.

Tips

- Kids can arrange toppings and create their own snowman.
- Ask kids questions, such as: "What is your snowman's name?", "What colour should the nose be?" and "What are your favourite pizza toppings?"
- Use whole grain bread slices, buns, wraps, or pitas instead of English muffins.

RECIPE NOTES





This book gives caregivers and kids great snack ideas to make and enjoy together

Here's what satisfied snackers have to say...

"I help my mom every time. Cooking is amazing!"

Kiddo, 3 ½ years old

"I rolled the banana sushi all by myself and I love eating them."

Kiddo, 4 years old

"All of the snacks in this book are quick, easy and fun to make."

Mom with 2- and 5-year-old kids

"The tofu fries are so yummy!"

Kiddo, 4 years old

"My kids ate all the bean dip and wanted more."

Dad with 1- and 3-year-old kids



Healthy Start

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