

NUTRITIOUS SNACKS FOR CHILDREN

- Sticks of carrots, celery, cucumber, green, yellow, orange or red bell peppers
- Ants on a log (see recipe)
- Banana "ice cream" (see recipe)
- Whole grain crackers with nut butters
- Smoothies (blended fruit or fruit and plain yogurt)
- Whole wheat pretzels
- Sprouted Essene bread and apple slices
- Popcorn, almonds, raisins
- Popsicles make with fresh juice frozen in a popsicle maker

Healthy Substitutions

Instead of....

Cupcakes

Try....

Essene bread or make your own cupcakes using whole grain flour and 100% pure maple syrup, blackstrap molasses, brown rice syrup, or unpasteurized honey.

Ice cream

Fruit smoothies, frozen blueberries, frozen bananas; blended, may add berries or carob. Frozen yogurt, on occasion.

Soda Pop

Fresh fruit juice diluted at least ½ and ½ with filtered water
Filtered water, R.O. water
Herb tea – kids especially like those with rose hips, lemon grass, or hibiscus

Kool Aid

Tea mixed with apple cider

Jello

Mix 1 Tbsp. Agar-agar with 3 ½ cups fruit juice and simmer for 15 minutes. Pour into mold with fresh fruit berries and refrigerate.

Potato Chips

Rice crisps, rice crackers

Candy

Dried fruit and nuts, see healthy "candy" recipe
Pitted dates stuffed with almond butter or an almond

Cookies

Convert your favorite recipe using natural sweeteners, whole wheat flour. For special treats, buy natural food store animal crackers

Pies

See recipes.

Cakes

Cut a watermelon into the shape of cake layers. Use sliced bananas for filling between the two layers and toothpick various fruits or berries on. Great for summer birthday parties!

Nutritious Snack Recipes

"Ice cream"

Peel a number of very ripe bananas. Break into one-inch pieces and freeze in a closed plastic bag until very hard. Just before serving, run through a juicer, or blend in blender with a small amount of liquid (water or juice). Serve immediately. Add carob powder or berries to blender for different flavours or top with fruit and nuts.

"Pie crust"

2 cups whole wheat flour (or 1 ¾ cup brown rice)

1 tsp. sea salt

¾ cup coconut oil and butter (1/2 and ½)

Blend flour and salt. With pastry fork, cut in oil and butter. Sprinkle with 5 to 6 Tbsp. Cold water, mixing between each Tbsp. Roll out into crust. Makes top and bottom crust.

"Apple pie"

Slice enough apples to mound in bottom pie crust. Sprinkle with 2 Tbsp. Whole wheat flour and 1 Tbsp. Cinnamon, mixing gently. Squeeze juice of 1 lemon on top. Drizzle with honey so that apples are about half covered. Cover with top crust and bake at 425 degrees, for 40-50 minutes.

"Fresh Strawberry Pie"

Filling: 2 pints strawberries
1 ½ cup apple juice
2 Tbsp. Arrowroot powder
1/8 cup honey

Bake bottom pie crust at 425 degrees for 15 minutes or until golden brown. Wash berries. Heat 1 ¼ cups juice in a saucepan. Mix arrowroot with reserved juice and add to boiling juice. Cook over medium heat until thick and clear. Remove from heat and stir in honey and 1 cup sliced strawberries. Cover and let "set" at room temperature until cool. Fill pie crust (cooled) with remaining berries and pour sauce over them. Return to freezer for a few minutes.

"Ants on a Log...(a sure hit!)"

Spread almond butter into celery sticks. Dot with raisins (the ants).

"Candy" (for special occasions)

1 cup natural almond butter
½ cup carob powder
½ cup mashed banana
2 tsp. vanilla

Mix together, shape into balls, and roll in cinnamon. If desired, press a walnut half on top. Store in the refrigerator. Variation: Mix almond butter and granola and refrigerate.

"Healthy Recipe Substitutions"

Use these substitutions to make your favorite recipes healthier and allergy-free.

Sugar = ½ cup honey (or less) or maple syrup for 1 cup sugar. Decrease oil by ½ when using honey or maple syrup.

Blackstrap molasses, brown rice syrup, stevia, maple syrup.

Shortening = use ½ oil and ½ butter.

White flour = use same amount of whole wheat flour

Wheat flour = use 7/8 cup brown rice flour for 1 cup wheat flour.

White Bread = sprouted grain bread, rye bread, rice bread, spelt bread, etc.

A good diet for a growing child is a balance of foods given to us by nature. Their diet should include some of each of these things each day:

<u>Protein</u> (to build bones)	Chicken, fish, beans, grains, nuts, organic or free-range eggs, low fat meats, miso, lentils, legumes.
<u>Whole grains</u>	Brown rice, barley, whole wheat or rice pasta, oats, and other grains.
<u>Vegetables & Fruits</u>	Fresh is Best! Look for what is in season. Children also love dried fruit like raisins and apples and of course, juice. Make sure your juice is 100% juice and not a sugar-filled juice drink. Be sure your child has a green leafy vegetable every day. Yellow vegetables such as carrots, squash or sweet potatoes should be included 2-3 times a week.
<u>Dairy substitutes</u>	There are many good reasons to omit cow's milk products. You may want to substitute rice/almond milk soy milk on occasion, soy or rice "ice cream", tofu, nut butters.
<u>Fats</u>	Everyone needs some fat in his/her diet. Your child should have 1-2 Tbsp. of unsaturated fat each day. Oils such as olive oil, and coconut oil are better for your child.