



25 Easy Snacks Kids Can Make

1. Peanut Butter & Banana Sandwich

Spread peanut butter on bread slices.
Add banana slices. Fold or stack the bread.

2. Yogurt Parfait

Layer yogurt, granola, and fruit in a cup or bowl.
Add honey for sweetness (optional).

3. Cheese Quesadilla

Place shredded cheese on a tortilla.
Fold, microwave 30 seconds, or heat in a pan.

4. Ants on a Log

Spread peanut butter on celery sticks.
Top with raisins "ants."

5. Microwave Mug Cake

Mix 4 tbsp flour, 4 tbsp sugar, and 2 tbsp cocoa in a mug.

Add 2 tbsp milk and microwave for 1 minute.

6. DIY Trail Mix

Combine pretzels, raisins, chocolate chips, nuts, and cereal in a bowl.

Mix and enjoy.

7. Pizza English Muffins

Spread marinara sauce on half a muffin.
Add shredded cheese. Microwave for 1 minute or until melted.

8. Veggie Sticks with Ranch Dip

Slice carrots, cucumbers, and bell peppers.
Serve with ranch dressing for dipping.

9. Homemade Fruit Popsicles

Blend fruit and a splash of juice.
Pour into molds and freeze.

10. Cracker Sandwiches

Spread cream cheese or peanut butter between two crackers.

Add a small fruit slice if desired.

11. Smoothie in a Blender

Blend a banana, milk (or almond milk), and frozen berries.

Pour into a cup and sip.

12. Mini Bagel Pizzas

Spread marinara on bagel halves.
Add cheese and a few toppings. Microwave until melted.

13. Apple Nachos

Slice apples thinly.
Drizzle honey or peanut butter and sprinkle with granola or chocolate chips.

14. Ham and Cheese Roll-Ups

Lay a slice of ham and cheese.
Roll tightly and cut into pieces.

15. Rice Cake Toppings

Spread cream cheese, peanut butter, or Nutella on a rice cake.

Add fruit or nuts for variety.

16. Frozen Banana Bites

Slice a banana into rounds.
Dip in yogurt, then freeze on a tray for 1-2 hours.

17. No-Bake Energy Balls

Mix oats, peanut butter, and honey in a bowl.
Roll into small balls. Chill in the fridge.

18. Scrambled Eggs in a Mug

Crack one egg in a mug. Stir and microwave for 30-60 seconds.

Add a sprinkle of cheese if desired.

19. Cereal and Milk Bar

Mix cereal with a bit of melted marshmallow or honey to bind.

Press into a pan, cut into bars. Chill briefly.

20. Frozen Grapes

Wash grapes and put in the freezer until firm.
Eat as a cool, sweet snack.

21. Deli Meat Pinwheels

Spread cream cheese on a slice of deli meat. Roll up, slice into pinwheels.

22. Microwave Popcorn

Use a store-bought bag or microwave kernels in a paper bag for 2-3 minutes.

23. Banana Sushi

Spread peanut butter on a tortilla, add a banana, and roll up.

Slice into rounds.

24. Quick Guacamole with Chips

Mash an avocado with a splash of lime juice and salt.

Serve with tortilla chips.

25. Cheesy Rice Cakes

Top a rice cake with shredded cheese. Microwave for 20 seconds until melted.