

Healthful Summer Snack Ideas for Kids | True Fit By You

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When summer arrives, you'll wind up preparing a lot more snacks for your kids. You may need snacks for a road trip to somewhere fun or just for a day spent at home playing outside. Instead of grabbing something easy that's loaded with sugar or salt, try a few of these healthful summer snack ideas for kids.



Tortilla Roll-Ups

Tortilla roll-ups will keep your kids' energy levels high

since they include turkey and cheese, both filled with protein. Spread a little pesto on a whole-wheat tortilla, add the turkey and the cheese. Add fresh veggies like lettuce, tomato and avocado if your kids will eat them! Then, roll the tortillas and cut them into slices. Toothpicks will hold the roll-ups together.



Fruit Popsicles

Instead of buying cheap popsicles, you know the kind that come in big boxes and plastic sleeves, make healthful and wholesome ones. To make fruit popsicles, fill a popsicle container with berries, sliced fruit and coconut water. Make these frozen fruit treats sweeter by adding a little bit of honey or maple syrup. The last steps are to insert a stick and freeze them until they're firm.



Muffin Tin Snacks

To give your kids something nutritious to eat, fill the separate compartments of a muffin tin with different foods, items like cereal, cheese cubes, blueberries and snap peas. Your kids will enjoy the many food choices available in one spot. Presenting healthful snacks to your kids this way is something that they're sure to enjoy.



Dip Cups

A fun and healthful snack for your kids this summer are dip cups. Place several tablespoons of ranch, hummus or a sour cream dip in a cup. Then, add cucumbers, carrots and peppers inside the container, creating a tempting snack.



Fruit Nachos

Fruit nachos are healthful and fun for your kids to eat. This dish is also easy to make. Slice an apple or two and lay the slices out on a plate as you would tortilla chips. The next step is to heat up $\frac{1}{2}$ of a cup to 1 cup of natural peanut butter until it's runny enough to drizzle over the apple slices. Jazz up the snack a little more by adding mini chocolate chips, toffee chips or toasted shredded coconut.



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Healthful Snacks You'll Feel Good About

Healthful summer snack ideas for kids range from substantial food combinations to sweet treats. When it comes to making snacks for your kids this summer, you can make nutritious food choices, ones that you're sure to feel good about.



I recently made this delicious protein-filled “ice cream” for my family last week and it was a HUGE hit! Want the recipe? [Here you go!](#)