Healthy Snacking: recipes for the whole family to try!

Tips and Tricks for healthier snacking:

1) Replace potato chips with sliced crunchy veggies like carrots, celery, or peppers
2) Dip veggies in hummus or peanut butter to keep you more full for longer
3) If you're craving sweets, try chopped fruits like strawberries or peaches; you can even blend them into a smoothie!
4) Prepare snacks ahead of time, keep them readily available or pack them in with your lunch to make it easy to choose them over less-healthy options when you're in a rush

Apple Chips

Ingredients

2 apples, thinly sliced
2 tsp. sugar
1/2 tsp. cinnamon

Directions

1. Preheat oven to 200°F.
2. Place apple slices into a bowl and sprinkle with sugar and cinnamon. Toss to combine.
3. Place a cooling rack onto a baking sheet. Lay apple slices onto the cooling rack so that no apples overlap. Cook for 2-3 hours, flipping apples halfway through.
4. Bake until dried out but still pliable and serve.

Adapted from: https://www.delish.com/cooking/recipe-ideas/recipes/a55596/healthy-apple-chips-recipe/

Peanut Butter Apples

Ingredients

3 apples, halved
2 tbsp. butter, melted
1 c. smooth peanut butter
2/3 c. semisweet or dark chocolate chips

Directions

1. Preheat oven to 375°
2. Core the apples. Place apples in a shallow baking dish and brush each with melted butter. Bake in oven for 15 minutes.
3. Remove apples from oven and add a large scoop of peanut butter into the hole in each apple.
4. Return to bake, 15 more minutes. Garnish with chocolate chips. Serve.

Adapted from: https://www.delish.com/cooking/recipe-ideas/recipes/a57739/peanut-butter-stuffed-apples-recipe/

PB&J Apple Sandwiches

Ingredients

2 apples
1/4 c. peanut butter
1/4 c. jelly

Directions

1. Slice apples horizontally into ¼-inch-thick slices. Remove the core from the center of each slice.
2. Spread peanut butter on jelly on one side of a slice then cover it with another slice, to make a sandwich.
3. Serve immediately.

Adapted from: https://www.delish.com/cooking/recipe-ideas/recipes/a57151/pbj-apples-recipe/

Roasted Pumpkin Seeds

Ingredients

2 cups fresh pumpkin seeds
1 tsp salt
1 tbsp olive oil
3/4 tsp salt

Directions

1. Place seeds in a large bowl and cover them with water. Stir in salt and let them stand, covered, overnight.
2. Preheat oven to 200°F.
3. Drain and rinse seeds; drain again and pat dry. Transfer to a large baking pan. Drizzle lightly with olive oil and salt and spread the seeds in a single layer in the pan.
4. Roast for 90-100 minutes or until crisp and lightly browned, stirring occasionally. Cool completely and store in an airtight container.

Adapted from: https://www.tasteofhome.com/recipes/roasted-fresh-pumpkin-seeds/

Homemade Maple and Nut Granola

Ingredients

3 cups old-fashioned oats
2/3 cup chopped pecans
1/3 cup salted pumpkin seeds or pepitas
1/2 cup maple syrup
4 tsp butter, melted
1-1/2 tsp ground cinnamon
1/4 tsp salt
1/4 tsp ground nutmeg
1/2 cup dried apples, chopped (optional)
1/2 cup dried cranberries (optional)

Directions

1. Preheat oven to 325°F
2. In a large bowl, combine oats, pecans and pumpkin seeds. Set aside.
3. In a small bowl, mix maple syrup, butter, cinnamon, salt and nutmeg. Pour over oat mixture and mix well
4. Transfer to a large baking pan coated with cooking spray. Bake 35-40 minutes or until golden brown, stirring occasionally. Cool completely on a wire rack. Stir in dried fruits and serve with low-fat yogurt.

Adapted from: https://www.tasteofhome.com/recipes/maple-morning-granola

Homemade Granola

Ingredients

3 cups rolled oats
1 cup sliced almonds (optional)
1 cup cashews (optional)
3/4 cup shredded sweet coconut (optional)
1/4 cup plus 2 tbsp dark brown sugar
1/4 cup plus 2 tbsp maple syrup
1/4 cup vegetable oil
3/4 tsp salt
1 cup raisins (optional)

Directions

1. Preheat oven to 250°F.
2. In a large bowl, combine the oats, nuts, coconut, and brown sugar.
3. In a separate bowl, combine maple syrup, oil, and salt.
4. Combine both mixtures and pour onto 2 sheet pans. Cook for 75 minutes, stirring every 15 minutes to achieve an even color.
5. Remove from oven and transfer into a large bowl. Add raisins and mix until evenly distributed.

Adapted from: https://www.foodnetwork.com/recipes/alton-brown/granola-recipe-1939521