

# Toddler Snack Ideas

## Fruits & Vegetables

1. applesauce
2. fruit leather
3. mini apple pies
4. sliced apples (with almond butter and/or raisins or chocolate chips)
5. apple chips
6. raisins
7. mango (fresh, frozen or dried)
8. dried apricots
9. bananas (with peanut butter & raisins)
10. banana chips (dehydrated bananas)
11. fruit salad
12. melons (cantaloupe, watermelon, honeydew)
13. berries (strawberry, blueberry, raspberry- fresh, frozen or diced)
14. grapes (fresh or frozen)
15. pears
16. peaches
17. plums
18. kiwi
19. oranges or clementines
20. pineapple (fresh, frozen or dried)
21. sweet potato fries (or carrot fries!)
22. kale chips
23. split pea crisps
24. English peas (frozen or lightly steamed)
25. sugar snap peas
26. edamame with sea salt
27. carrots (with hummus, avocado dip, or black bean hummus)
28. celery (with probiotic ranch dressing or almond butter & raisins)
29. sweet peppers (orange or yellow)
30. cucumbers (diced with yogurt, squeeze of lemon, salt, pepper, and pinch of paprika)
31. avocados

## Grains

32. sourdough pumpkin waffles
33. pancakes
34. French toast
35. muffins (savory or morning glory muffins are a couple of our favorites!)
36. no-bake energy bites
37. chewy granola bars

## Nuts & Seeds

38. cashews
39. sunflower seeds
40. pumpkin seeds
41. pine nuts
42. pecans
43. almond butter roll up (take a tortilla, spread nut butter across the middle, and roll up. Use a little extra nut butter to seal the edges closed.)
44. almond butter & strawberry sandwich

## Other Ideas

45. popcorn
46. frozen yogurt covered fruit pops
47. toasted chickpeas
48. plain yogurt (good with berries and granola)
49. kombucha jello
50. hard boiled egg with a little sea salt
51. cottage cheese (good with clementines, peaches or pineapple chunks)
52. string cheese
53. cubed cheese (raw mild cheddar is our favorite!)
54. smoothies
55. dried seaweed