

Fruits
apples
bananas
grapes
star fruit
frozen blueberries
strawberries
Oranges

Vegetables
Carrot sticks
Cherry tomatoes
Celery sticks
Lettuce leaves

Drinks
Water
<u>Fresh Almond Milk</u>

Nuts
Sunflower Seeds
Walnuts
Pecans
Soaked Almonds

Dried Snacks
Raisins
Cranberries
Banana chips
Cherries
Dried Green Peas
Apricots
mix several nuts and dried fruits for a tasty trail mix

<u>Smoothies</u>
blend your favorite fruits, water or almond milk and add a handful of spinach or sprouts
Blend banana(s) + nut butter + little milk + carob/cocoa powder = <u>healthy chocolate pudding</u>

Dips & Spreads
<u>Peanut Butter Dip</u>
<u>Hummus</u>
Guacamole
Cooked down fresh fruit with honey - such as cranberries or figs (goes great on pancakes and toast)

For more Kid-Friendly snacks and recipes check out www.Kitchen-Blender-Reviews.com