

Snacks: 25 Full Recipes

Most take five minutes or less. Every one still lists exact ingredients, quantities and an estimated nutrition value — a snack recipe is still a recipe.

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Banana & Peanut Butter Bites

📖 1 serving

- ½ banana, sliced into rounds
- 1 tsp peanut butter per slice

1. Slice the banana into coins.
2. Dot a small amount of peanut butter on each slice and press two together like a sandwich, or serve open.

140 kcal **4g** protein **18g** carb **6g** fat per serving, estimated

Cucumber Sticks with Chickpea Dip

📖 1 serving

- ½ cucumber, cut into sticks
- 3 tbsp mashed chickpeas
- 1 tsp olive oil

1. Mash the chickpeas with olive oil and a splash of water until dip-like.
2. Serve with cucumber sticks for dipping.

90 kcal **4g** protein **10g** carb **4g** fat per serving, estimated

Yogurt with Mashed Berries

📖 1 serving

- ½ cup plain yogurt
- 3 tbsp mixed berries, mashed

1. Mash the berries with a fork.
2. Swirl through the yogurt.

110 kcal **6g** protein **14g** carb **3g** fat per serving, estimated

Boiled Egg Halves

📖 1 serving

- 1 boiled egg
- pinch of salt

1. Peel and halve the egg.
2. Serve as-is, or mash with a fork for an easier bite.

78 kcal **6g** protein **1g** carb **5g** fat per serving, estimated

Soft-Roasted Chickpeas

📖 1 serving

- ½ cup cooked chickpeas
- ½ tsp olive oil

1. Toss chickpeas in olive oil.
2. Roast at 180°C for 12–15 minutes until slightly firm but not hard — softer than a typical crunchy roasted chickpea.

120 kcal **6g** protein **16g** carb **3g** fat per serving, estimated

Apple Slices with Almond Butter

📖 1 serving

- ½ apple, thinly sliced
 - 1½ tbsp almond butter
1. Slice the apple thin.
 2. Serve with almond butter for dipping.

150 kcal **4g** protein **18g** carb **8g** fat per serving, estimated

Avocado Toast Fingers

📖 1 serving

- 1 slice whole-grain bread, toasted
 - ¼ avocado, mashed
 - pinch of salt
1. Mash the avocado with a pinch of salt.
 2. Spread on toast, cut into finger strips.

160 kcal **3g** protein **15g** carb **10g** fat per serving, estimated

Steamed Sweet Potato Sticks

📖 1 serving

- 1 small sweet potato, cut into sticks
1. Steam 10–12 minutes until soft but holding shape.
 2. Serve warm, plain or with a small dab of yogurt for dipping.

100 kcal **1g** protein **23g** carb **0g** fat per serving, estimated

Watermelon Cubes

📖 1 serving

- 1 cup watermelon, cubed and seeds removed
1. Cube and serve chilled.

45 kcal **1g** protein **11g** carb **0g** fat per serving, estimated

Oven-Baked Plantain Chips

📖 1 serving

- ½ ripe plantain, thinly sliced
 - ½ tsp olive oil
1. Toss slices in olive oil.
 2. Bake at 190°C for 15–18 minutes, flipping once, until lightly golden.

130 kcal **1g** protein **28g** carb **2g** fat per serving, estimated

Frozen Banana "Nice Cream"

📖 1 serving

- 1 frozen ripe banana, sliced before freezing
1. Blend the frozen banana slices until smooth and creamy, like soft-serve.
 2. Serve immediately.

105 kcal **1g** protein **27g** carb **0g** fat per serving, estimated

Carrot Sticks with Avocado Dip

📖 1 serving

- 1 carrot, steamed slightly and cut into sticks
 - ¼ avocado, mashed
1. Steam the carrot sticks 3-4 minutes to soften slightly if raw crunch is a barrier.
 2. Serve with mashed avocado.

120 kcal **2g** protein **13g** carb **8g** fat per serving, estimated

Oat & Peanut Butter Balls (no-bake)

📖 1 serving (2 balls)

- 3 tbsp oats
 - 1 tbsp peanut butter
 - 1 tsp mashed banana
1. Mix all ingredients into a stiff paste.
 2. Roll into 2 small balls and chill 10 minutes to firm up.

140 kcal **4g** protein **16g** carb **7g** fat per serving, estimated

Moi-Moi Bites (mini, cold)

📖 1 serving

- 1 breakfast-batch moi-moi cup, chilled and cut into cubes
1. Cut a chilled moi-moi cup into bite-sized cubes.
 2. Serve cold or lightly warmed, whichever your child prefers.

95 kcal **6g** protein **9g** carb **4g** fat per serving, estimated

Pear Slices with Tahini Drizzle

📖 1 serving

- ½ ripe pear, sliced
 - 1 tsp tahini
1. Slice the pear thin.
 2. Drizzle with tahini, thinned with a few drops of water if too thick.

130 kcal **2g** protein **17g** carb **6g** fat per serving, estimated

Edamame Pods (steamed, lightly salted)

 1 serving

- ½ cup edamame in the pod
- pinch of salt

1. Steam or boil 5 minutes.
2. Toss with a small pinch of salt; show your child how to pop the beans from the pod – a fun motor-skill snack.

100 kcal **9g** protein **8g** carb **4g** fat per serving, estimated

Mango Chunks

 1 serving

- 1 cup ripe mango, cubed

1. Cube ripe mango and serve chilled.

60 kcal **1g** protein **15g** carb **0g** fat per serving, estimated

Garden Egg & Tomato Salad Bites (soft-cooked)

 1 serving

- ½ garden egg, cooked soft and diced
- 2 tbsp diced tomato
- ½ tsp olive oil

1. Boil the garden egg until soft, about 8 minutes, then dice.
2. Toss with tomato and olive oil.

70 kcal **1g** protein **8g** carb **3g** fat per serving, estimated

Kiwi Halves with a Spoon

 1 serving

- 1 ripe kiwi, halved

1. Halve the kiwi.
2. Let your child scoop the soft flesh out with a small spoon – an easy independent-eating snack.

42 kcal **1g** protein **10g** carb **0g** fat per serving, estimated

Black-Eyed Bean Hummus with Cucumber

 1 serving

- ½ cup cooked black-eyed beans
- 1 tsp olive oil
- cucumber sticks, for dipping

1. Mash or blend the beans with olive oil and a splash of water until smooth.
2. Serve with cucumber sticks.

110 kcal **6g** protein **13g** carb **4g** fat per serving, estimated

Toasted Bread Fingers with Mashed Avocado

📖 1 serving

- 1 slice whole-grain bread, toasted and cut into fingers
- ¼ avocado, mashed

1. Toast the bread and cut into finger strips.
2. Top each finger with a little mashed avocado.

150 kcal **3g** protein **16g** carb **8g** fat per serving, estimated

Pineapple Cup with Plain Yogurt

📖 1 serving

- ½ cup pineapple, chopped small
- 3 tbsp plain yogurt

1. Soak chopped pineapple in warm water 2 minutes to soften the tang.
2. Layer with yogurt in a small cup.

100 kcal **4g** protein **17g** carb **2g** fat per serving, estimated

Flaxseed Oat Bars (no-bake)

📖 1 bar

- ½ cup oats
- 1 tbsp ground flaxseed
- 2 tbsp peanut butter
- 1 tbsp mashed banana

1. Mix all ingredients into a thick, sticky mixture.
2. Press into a small lined container, chill 20 minutes, then cut into bars.

150 kcal **4g** protein **20g** carb **6g** fat per serving, estimated

Yogurt & Chia Pudding Cup

📖 1 serving

- ½ cup plain yogurt
- 1 tbsp chia seeds
- 1 tsp mashed berries

1. Stir chia seeds into yogurt.
2. Chill at least 20 minutes (or overnight) until slightly thickened.
3. Top with mashed berries before serving.

130 kcal **6g** protein **14g** carb **5g** fat per serving, estimated

Roasted Sweet Potato Rounds

📖 1 serving

- 1 small sweet potato, sliced into rounds
- ½ tsp olive oil

1. Toss rounds in olive oil.
2. Roast at 200°C for 18-20 minutes, flipping once, until soft.

110 kcal **1g** protein **25g** carb **1g** fat per serving, estimated