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5 Fun and Healthy Summer Snacks for Kids to Make at Home

Homemade healthy kids snacks they won't know are good for them

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Healthy snacks that kids actually gobble up? Yes, it is possible, and we've

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collected some of the best options for the hot upcoming months here!









These summer recipes are so delicious your kids won't even know they're healthy! But they are oh-so-good with all gluten-free and vegan, made without added sugar, and filled with healthy fats, vitamins, minerals, and antioxidants.

1. Pink, Green, and Orange Hummus for a Healthy Kid Snack

Parents agree: kids are far more likely to eat their veggies if they're dipped in something. But instead of choosing a premade dip filled with ingredients that are less than healthy, make your own fun version of hummus that's as colourful as your kids' personalities. Start with the hummus base, which is simply 2 cans of chickpeas, 2 tablespoons of tahini (sesame paste), 2 cloves of garlic, the juice of 2 lemons, and a pinch of salt all blended together. For pink hummus with extra vitamins, add a cooked and peeled beet. For green hummus with an omega kick, mix in 1 large avocado. And for orange hummus, blend in 2 cooked carrots. And of course, serve with vegetables your kids will enjoy!

2. Kid-Inspired Roasted Seeds for Summer

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Snacking

Kids love seeds if they're flavoured well. Star this healthy snack by tossing some olive oil with healthy seeds like pumpkin, sunflower, and sesames and spread on a baking tray. Then depending on your kids' preferences, spice them up. Go savoury with red pepper flakes and salt or lemon and ginger. Or add a sweet twist with orange zest or cinnamon. Then bake until golden brown. Let cool and pack in reusable containers for a convenient, healthy snack for kids on the go.

3. Summer Recipe for Rolled Peanut Butter and Banana Log

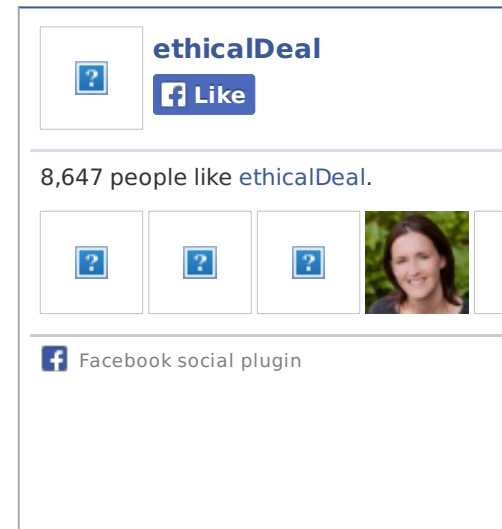
Skip the bread and make a sandwich using only the peanut butter and banana! Start by peeling the banana and slicing it lengthwise. Then smear peanut butter between the layers before gluing them together in a portable protein-packed snack. Add even more fun by dipping each log into yogurt and rolling it in granola, oats, coconut, or raisins! Freeze it and eat it on a stick for added refreshment.

4. Frozen Whole Fruit for a Tart, Icy Summer Snack for Kids

This one is so easy and fun, it doesn't really fit into the category of summer recipes! Simply take your child's favourite fruit - grapes, pineapple, bananas, watermelon, or berries - and freeze them solid. Then fill up a bowl and satisfy their hunger while they cool down at the same time!

5. Star-Shaped Fruit Kabobs for a Healthy Summer with Your Kids

One of the greatest things about designing healthy snacks for kids is the creativity you can use! This summer recipe is one you can all enjoy together. Simply slice your favourite fruits, such as cantaloupe, apples, pineapple, watermelon, kiwis, or even star fruit for instance, and get your kids to use a star-shaped cookie cutter to give the fruit some personality. Skewer them on kabob sticks and enjoy while sitting in the shade. Use all the leftover fruit bits



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to make a grown-up fruit salad, too!

About the author :

Maryruth has been seeking the keys to environmental justice - both at home and at work - for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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