

Chef Solus Healthy Favorite Snacks

Here is a list of healthy snack ideas that are easy to make with a little help from mom and dad! Color Chef Solus' favorite snacks!

1

Peel a banana and dip it in yogurt.



2

Spread celery sticks with peanut butter or low-fat cream cheese.

Top with raisins.



3

Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.



4

Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.



5

Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.



6

Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.



7

Toast a whole grain waffle and top with low-fat yogurt and sliced peaches



8

Spread peanut butter on apple slices.



9

Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds.

Top with salsa.



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10 Toss dried cranberries and chopped walnuts in instant oatmeal.



11 Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.



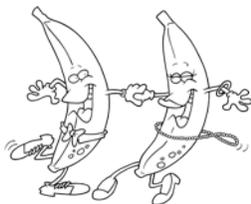
12 Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.



13 Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.



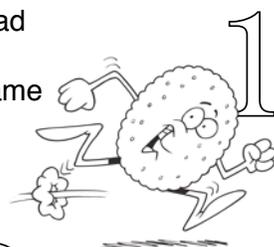
14 Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.



15 Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.



16 Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.



17 Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

18 Write in your favorite healthy snack!

source: American Dietetic Association



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