

Ten Easy Snacks for Summertime Fun



LIVE WELL UTAH

10 EASY SUMMER SNACKS

Skip the pre-packaged unhealthy snacks, and try these 10 easy and nutritious summer snack ideas.

It's that time of year again. School is out, and kids are making plans for summer adventures – which will naturally include snacks.

Check out the 10 fun, summertime snack ideas below. Some will take a little more prep time, but once they are done, they will be easy for kids to grab out of the freezer so they can be on the way to their next adventure.

1. Frozen grapes – This is a simple yet tasty snack, and red grapes tend to work best. Pull grapes off the vine, toss them into a freezer bag and freeze. When your kids ask for a popsicle or snow cone, give them a handful of frozen grapes in a cup instead. Better yet, fill an ice-cream cone with grapes, and they can also eat the container!
2. Watermelon balls – Eating watermelon in the summer is always refreshing, not to mention, it has water to keep your kiddos from getting dehydrated. Rather than just giving a slice or a chunk of watermelon to your kids, grab a melon baller and make little balls. Let them help you so they can take part in making a healthy snack. They can even put them on a skewer for serving.
3. Homemade fruit roll-ups – Nearly every kid loves fruit roll-ups. Homemade roll-ups are even better AND are very simple. Choose 4 cups of your favorite fruit and puree. You can add a little sugar if desired. This will make enough for two pans. Spread half of the puree until it is about $\frac{1}{8}$ -inch thick in a 9×13-inch pan lined with parchment paper and sprayed lightly with cooking spray. Spread the other half in the second pan. Bake at 175 F for 3-4 hours. Make sure the fruit doesn't become burned or too crispy. Once done, pull the parchment paper with

the dried fruit out of the pan. Transfer the dried fruit to wax paper, roll up and cut into 1 to 2-inch strips. Store in an air-tight container or freeze.

4. Ants on a log – This classic treat has always been an easy “go to” for parents. It is also fun for children to eat. All it requires is celery, peanut butter and raisins or dried cranberries. Cut the celery into 3-inch long sticks, fill the center with peanut butter, place the dried fruit along the peanut butter and *Voila!* A healthy snack.
5. Cheese, olives and crackers – This may be the simplest snack out there. Grab a plate and cut some cheese sticks, slices or cubes, open up a can of olives and a sleeve of crackers. Kids can combine the three into a sandwich or eat them individually. Or use toothpicks as a skewer and put small chunks of cheese and olives on them.
6. Strawberry yogurt popsicles – These are a healthy alternative to popsicles filled with sugar. To make this treat, cut tops off the strawberries, and puree the fruit. Using a popsicle mold, layer pureed strawberries with vanilla yogurt. Put in the freezer overnight and freeze. The next day you have a healthy and refreshing frozen treat.
7. Ham and cheese pretzel bites – Kids can help with this hearty snack. Roll cheese up into ham, cut into 1-inch long “bites,” and push a straight pretzel through the side of the roll to hold it all together.
8. Butterfly quesadillas – This snack gets in many of the food groups and is as cute as a button to make. Start by making a simple quesadilla. Cut the quesadilla into quarters. Using two of the quarters, turn them so the points touch. Use grapes lined up to make the body of the butterfly and straight pretzels for the antennae.
9. Baked apple chips – This snack requires a bit of preparation, but it stores easily for later snacking. Core an apple and cut it into thin slices (the thinner

the better – preferably 1/16-inch thick). Place apple slices so they are not overlapping on parchment paper on a cookie sheet. Bake at 200 F for 2 hours. After one hour, turn the apple slices over and bake for another hour. Once they are done, let cool and enjoy.

10. Peanut butter and chocolate chip oatmeal energy balls – These energy balls are simple, easy to make, easy to store and require no baking! The recipe below makes about 12 oatmeal energy balls.

Ingredients:

- 1 cup dry oats
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup mini chocolate chips
- Dash of salt
- $\frac{1}{2}$ teaspoon vanilla, optional

Instructions:

In a medium bowl, add all of the ingredients, and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.

Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture.

Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

So there you have it. Ten easy, fun snacks that will keep your children healthy and happy. Have a great summer, and happy snacking!

This article was written by Summer Hansen, USU Extension intern, Box Elder County

Resources:

<https://www.blessthismessplease.com/2017/03/8-no-bake-oatmeal-energy-balls.html?m>

Easy Eats // Create a Smoothie



With this delicious smoothie guide, you'll have no problem blending in with summer!

Blend in with Summer

Summer has officially started and the heat has definitely been invited to the party. With temperatures in the triple digits, hot summer days call for going to the pool, running through the sprinklers and eating refreshing treats.

Instead of going straight for the popsicles, consider making a delicious smoothie! Smoothies are a great way to enjoy a sweet treat in the summer heat while still being healthy. Since you can control the ingredients, you can make smoothies as healthy as you like!

With this smoothie guide, the possibilities are endless. The best part? You can make a delicious smoothie out of ingredients you already have in your kitchen.

But don't worry, if you don't have any fruit on hand, now is a wonderful time to find berries and other fruit on sale at your local grocery store. To enjoy your sweet savings all summer long, buy fruit in bulk and throw it in the freezer!

CREATE A SMOOTHIE

Create a delicious and nutritious smoothie from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each smoothie serves 1 adult.

1	Choose produce (2-3 cups) <ul style="list-style-type: none">• Fruit: fresh, frozen, or canned such as strawberry, raspberry, blackberry, blueberry, cranberry, banana, pineapple, peach, pear, plum, cherry, melon, apple, kiwi, mango, papaya, orange, lemon, lime.• Vegetable: fresh spinach, chard, kale, green pepper, avocado, carrot, cooked, frozen, or canned pumpkin, squash, sweet potato, peas.
2	Choose a liquid (½ to 1½ cups, depending on desired consistency) <ul style="list-style-type: none">• Water: inexpensive, easy, and calorie free.• Milk: dairy, soy, almond, rice, hemp, coconut, etc.• Fruit Juice: use sparingly for added flavor, and combine with water or milk.
3	Choose extras (optional) <ul style="list-style-type: none">• ¼ to ½ cup raw oats• 1-2 tablespoons peanut butter• 1-2 tablespoons ground flax seed• 1-2 tablespoons chia seed• ½ diced avocado• ½ cup yogurt• cinnamon, nutmeg, vanilla• ice as needed
DIRECTIONS:	

Select a food from each category, or use your own favorites. Combine all ingredients in blender or food processor in order listed. Blend until smooth. HINT: You will need minimal to no ice if using mostly frozen produce. You will need more ice if using fresh, canned, or cooked produce. Do not overload blender, and chop any large pieces of fruit or vegetables for the best texture.

Click below for a printable version!
Create a Smoothie

Be Sneaky

Remember, if you can eat it, you can blend it. This means you can sneak all sorts of healthy stuff into your smoothies! Try adding a handful of spinach or kale to your next creation for an extra health boost. Your kids will love the sweet treat and you will love that they are drinking their greens. Being a magician has never tasted so good!

Try Me!

The Popeye Smoothie

6-8 ounces yogurt, any flavor

1/2 cup skim milk

1/2 frozen banana

1/2 cup frozen fruit

1 cup packed spinach

Combine all ingredients in blender and blend until smooth.

Yield: 1 big delicious smoothie

Cook in Season // Rhubarb Rules!



Pies, tarts and crisps, oh my! Rhubarb season is officially in

full swing. Not only is rhubarb nutritious, it's also delicious and extremely versatile. Find out how you can use this super vegetable while it's in season!

Summer is on its way and rhubarb desserts are starting to make their debut. Rhubarb treats are tasty and tangy, which make them a great addition to any summer party.

Did you know that rhubarb is also extremely rich in fiber and high in Vitamin C? Visit **eatwellutah.org** to see the other benefits of rhubarb and how you can use it. You will even find a low-sugar muffin recipe that your whole family will love!
