

## Special Snacks Stack Up Well Nutritionally

(NAPS)—One of the most important meals you or your child eats during the day may not be a meal at all. It may be a snack.

Nutritious snacks such as peanuts can help meet daily nutrient needs. Protein-packed snacks can also help maintain energy levels while keeping hunger in check, thereby reducing overeating at mealtimes.

But don't just settle for the usual. When you and your kids are ready for a snack, there are some easy ways to turn the child-pleasing version into the "mommy special."

With one or two extra ingredients, you can make a nutritious kid snack into a more exotic adult snack. Such "double duty" snacks can become the basis for lunches and even dinners a few times a week. The approach caters to everyone's taste and makes food prep and cleanup a breeze.

Here are a few you may enjoy:

### Peanut Butter and Crackers

- 8 whole grain crackers
- 2 T creamy peanut butter
- 1 T mini dark chocolate chips
- 1 T dried cherries, diced

Start by spreading peanut butter on 6 crackers.

**"The Usual":** Top two of the crackers with a second cracker.

**"Mommy Special":** Top the other four crackers with a sprinkle of mini chocolate chips and a few dried cherries.

### Cheese and Tomatoes

- 2 portions string cheese
- 8 cherry tomatoes



A snack of peanut butter, whole grain crackers, chocolate chips and dried cherries makes a nutritious, energy-boosting meal.

- 2 basil leaves, torn into 1" pieces
- 1 T balsamic vinaigrette
- 4 long toothpicks

Cut string cheese into 1" chunks.

**"The Usual":** Alternate cheese with tomato on two toothpicks.

**"Mommy Special":** Alternate cheese, tomato and basil pieces, drizzle with vinaigrette.

### Peanut Mix

- 2 oz. peanuts
- 2 oz. raisins
- 1 oz. wasabi peas

Toss together peanuts and raisins. Divide in half.

**"The Usual":** Peanuts and raisins.

**"Mommy Special":** Add wasabi peas.

For more recipes and tips, visit [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).

### Did You Know?

Nutritious snacks such as peanuts can help your child meet daily nutrient needs. Protein-packed snacks can also help maintain energy levels, keeping you from getting too hungry and overeating at mealtimes. For more recipes and tips, visit [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).

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