

# On-the-Go Healthy Snack Packs

A weekend's worth of snacks to bring on your adventures.



## Snack Supplies

- ▶ Small 1-2 oz. reusable containers with lids, they can be glass or plastic
- ▶ Larger reusable containers with lids
- ▶ Brown paper bag or reusable lunch bag to place each child's snack in

### **KinderCare Cooks Tip:**

*Recycled containers like 6 oz. rinsed plastic yogurt containers with lids work well too!*

## Nut Butter/Sunflower Seed Butter and Apple Slices

### Ingredients

- ▶ Apple
- ▶ Lemon
- ▶ Nut butter  
(Peanut, almond, or  
Sunflower seed butter)

### Instructions

- 1 Slice apples.
- 2 Cut lemon in half and squeeze juice into a small bowl.
- 3 Brush on a tiny bit of fresh squeezed lemon juice on cut sides of the apple to keep them from turning brown.
- 4 Place 2 tbsp. of nut butter or Sunflower seed butter in a small container with lid.

## Turkey and Cucumber Roll Up

### Ingredients

- ▶ Leaf lettuce such as red leaf or butter lettuce
- ▶ Spinach hummus  
(Or hummus of your choice)
- ▶ Cucumber
- ▶ Turkey slices  
(Cut in half)

### Instructions

- 1 Wash and dry lettuce leaves.
- 2 Tear off hard bottom portion of 2-3 lettuce leaves.
- 3 Cut cucumber in half, then cut in spears about 3-4 inches long.
- 4 Spread 1 tbsp. of hummus on lettuce leaf.
- 5 Place 1-2 cucumber spears and 1 slice of turkey folded up in center of lettuce leaf.
- 6 Wrap the lettuce leaf up like a burrito.
- 7 Roll plastic wrap around the lettuce wrap and place in travel bag.

## Quick Bean and Cheese Quesadillas

### Ingredients

- 2** 6" whole-grain flour tortilla or 2 - 4-6" corn tortilla
- $\frac{1}{4}$  cup** Black or Pinto Beans (Drained and rinsed) or  $\frac{1}{4}$  cup refried beans
- $\frac{1}{4}$  cup** Shredded cheddar cheese (Or cheese blends with Monterey Jack and cheddar, or cojita)

**Optional ingredients:** sour cream, salsa, cilantro, corn

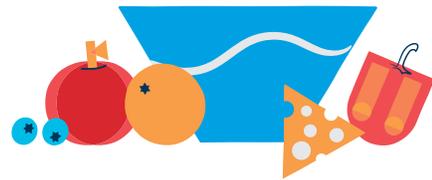
### Optional:

-  Before baking, place drained, thawed corn kernels and cilantro inside before heating.
-  Place 2-4 tbsp. salsa in a small reusable container for dipping.
-  Place 1-2 tbsp. sour cream in a small reusable container for dipping.

### Instructions

- 1** Place 1 tortilla down on parchment lined cooking sheet.
- 2** Place beans on top of tortilla.
- 3** Sprinkle shredded cheese on top of beans.
- 4** Top with second tortilla.
- 5** Turn oven to broil and place baking sheet on the second row down from the broil element (not directly under).
- 6** Broil for 3-5 minutes until top is golden brown (be sure to keep on eye on them so they don't burn).
- 7** Let them cool and then cut into triangles like a pizza and wrap in foil.

## On-the-Go Healthy Snack Packs SHOPPING LIST



- |  |   |
|--|---|
| <input type="checkbox"/> Nut butter or sunflower seed butter             | <input type="checkbox"/> Turkey slices  |
| <input type="checkbox"/> Apples  | <input type="checkbox"/> Whole-grain flour tortilla or corn tortilla  |
| <input type="checkbox"/> Lemon   | <input type="checkbox"/> Black, Refried or Pinto Beans  |
| <input type="checkbox"/> Leaf lettuce such as red leaf or butter lettuce | <input type="checkbox"/> Shredded cheddar cheese (Or cheese blends with Monterey Jack and cheddar, or cojita) |
| <input type="checkbox"/> Spinach hummus (Or hummus of your choice)       | <input type="checkbox"/> Optional: sour cream, salsa, cilantro, corn  |
| <input type="checkbox"/> Cucumber  |   |

**BONUS**

**Create Your Own**

Choose at least 2 different options from this list for a healthy, balanced snack:

-  Fruit (fresh, frozen or canned)
-  Veggies
-  Whole grain (breads, crackers, cooked grains)
-  Protein/Healthy Fats, like dairy, nuts/seeds, avocado, beans, legumes, and/or animal proteins

***KinderCare Cooks Tip:** Don't forget a water bottle!*

**Notes:**