



Is Snacking Healthy?

How can snacking be healthy? What is a healthy snack? How many snacks are recommended?

It's easy to give your children snacks all day long, but let's remember that snacks should not be eaten in place of meals. They should be kept for in-between meals and the portion sizes are smaller. We want to keep our children's energy up, not have them so full that they are not hungry for their main meal.

Snacks can be healthy. Here are few suggestions:

- Instead of biscuits, for example, give them chopped vegetable sticks such as carrots or cucumber or cut-up fruit, nuts or dried fruit.
- In place of crisps and other unhealthy treats, give them rice cakes, oatcakes, seaweed crisps, nuts and seeds.
- Baked apple slices sprinkled with or without cinnamon are also are a great natural alternative.
- Replace packaged pasteurized juices and milk with delicious, fresh fruit and vegetable milkshake smoothies.



In conclusion: Do give children snacks, but not throughout the day, as this can encourage weight gain when relying on snacks to fill them up instead of their main meals. Snacks should be consumed as part of their healthy eating day.

Here are some more ideas to make sure snacks are fun and healthy:

Recipe:

Baked Cinnamon Apple Slices

(2-3 servings)

3 apples – any are fine

Cinnamon – 1 pinch per apple



- Peel the apple skins.
- Slice the apples as evenly as you can, they don't have to be too thin. Add all the slices to a medium sized bowl.
- Add 1 pinch of cinnamon per apple so for 3 apples = 3 pinches of cinnamon. Evenly coat the slices with your hands.
- Place the slices on a baking tray with greaseproof paper.
- Bake for 30 minutes, gas mark 3 or 325 degrees Fahrenheit.
- Turn halfway at 15 minutes so both sides are cooked nicely.





Recipe:

Kale Crisps recipe

Chocolate Coconut Kale Chips

1 bunch of kale, washed and big stems removed

1/2-cup cashews, soaked

3 dates , soaked

1/3 cup cocoa powder

1 teaspoon vanilla extract

1/2 teaspoon cinnamon

Optional and omit if you don't like coconut flavoured items:

1/4-cup coconut flakes (unsweetened or sweetened)

2 tablespoons coconut oil



- Soak cashews in water for at least an hour (4-6 hours ideal).
- Remove the soaked cashews and add all the other ingredients (except the kale) to a blender.
- Blend until mixture is smooth to make the chocolate coconut coating.
- Pour this mixture over a bowl of washed, destemmed kale leaves and toss to coat.
- Transfer coated kale to a parchment-lined cookie sheet and bake at 300F for about 20 minutes. Flip, and bake for another 10 minutes, give or take. (Watch them closely because the mixture can burn quickly and it's hard to tell with the dark chocolate color if they are burning or not).
- Remove crispy kale into a container to save for later or enjoy them right away.

If you have a dehydrator, then dehydrate them. Otherwise they can be made in the oven. On a low heat, they become crispier.

