



SNACK ATTACK

Healthy Options for Back-to-School Success



It's a shiny new school year, and we all want our kids to get off to a healthy start! Along with a good night's sleep, what kids eat throughout the day plays an enormous role in how well they are able to learn and behave. A combination of healthy, whole grains and protein is the recipe for an energy-packed snack that will keep them going all day long!

Here are some ideas to get you started!

- trail mix - pre-mixed or make your own featuring nuts, dry fruit and cereal
- pretzels or carrot sticks and hummus
- cheese and whole-grain crackers
- apple slices and your favorite nut butter
- granola bars
- tortilla chips with black bean hummus
- cup of low-sugar vanilla yogurt with ¼ cup fresh blueberries

Grown-ups: Try these snack ideas for yourself at work, too! Plan ahead a bit and sneak in a snack before you

feel famished. Plan for a combo that is 200 calories or less to keep your snack from equaling a meal. You will eat less at lunch and have more energy throughout the day!



PEANUT BUTTER OAT ENERGY BITES

Keep these in the fridge or freezer for a nutrient-packed school snack or sweet treat!

- 1 ½ cup oats
- ¼ cup sunflower seeds or pumpkin seeds
- ¼ cup dry cranberries
- ¼ cup ground flax seed
- ½ tsp. cinnamon
- Pinch of salt
- ½ cup peanut butter (or substitute almond or sun butter for a peanut-free option)
- 1/3 cup honey or agave syrup

Combine dry ingredients, and then coat well with nut butter and honey. Roll into tablespoon-sized balls or use a cookie scoop for more uniform-sized pieces. Refrigerate 45 minutes or until firm. Store in the refrigerator for one week or the freezer for up to six months. Makes 2 dozen.

For more tips and tricks on nutrition and skincare, follow Kendra @RadiantChickpea on Facebook and Instagram!



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