



Palms Day School

SNACK COOKBOOK

FUN WITH FOOD

Fun and healthy food options for young children are vital for their holistic development. Beyond providing essential nutrients crucial for physical growth and cognitive function, these options play a pivotal role in establishing lifelong healthy eating habits. Introducing a variety of nutritious foods at an early age not only supports optimal growth and energy levels but also contributes to the prevention of various health issues. Moreover, fun and appealing presentations create positive associations with nutritious choices, fostering a positive relationship with food. This approach extends to social development, as shared meals promote interaction and help children develop important social skills. Ultimately, the impact of incorporating fun and healthy food options reaches beyond the dining table, influencing a child's overall well-being and laying the foundation for a lifetime of wellness.

“As parents, we strive to always do what is best for our children, especially when it comes to food. Yet, it's easy to struggle to curate options that your child will eat, let alone enjoy. Making healthy snacks that will lead to happy children is what we can aim for.

We hope you and your child enjoy these Palms favorites.

-Palms Founders

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Critter Crudités

Ingredients

SNAILS

- celery stalks
- peanut butter or cream cheese, at room temperature
- sliced apple
- sliced orange
- sliced kiwi
- sliced cucumber
- sliced tomato
- cashews

CATERPILLARS

- celery stalks
- peanut butter or cream cheese, at room temperature
- grapes
- blueberries
- grape tomatoes
- candy eyes
- celery or radish matchsticks

Method

- Make the snails. Fill celery stalks with peanut butter or cream cheese and top with an apple, orange, kiwi, cucumber or tomato slice shell and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.
- Make the caterpillars. Fill celery stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body and head. Use peanut butter or cream cheese to glue on candy eyes and celery or radish matchstick for antennae.



Banana Sushi

Ingredients

- 1 flour tortilla (I like to use whole wheat, but you can use white, too)
- 1 banana, peeled
- 2-3 Tablespoons peanut butter or soy nut butter
- a small smear of Nutella (optional)

Method

- Spread peanut butter on one side of a tortilla. Add a thin line of Nutella.
- Peel banana and straighten it a bit (it's okay if it cracks a little). Place on top of Nutella.
- Roll tortilla up around the banana, trying to make it as tight as possible.
- Slice your "sushi" roll into 1/2-1 inch rounds and serve.

Added Fun

Use Chopsticks!



Yogurt Parfait

Ingredients

- 1 cup fresh strawberries sliced
- ¼ cup granulated sugar
- 1 cup vanilla Greek yogurt
- ½ cup fresh blueberries
- ½ cup granola

Method

- Combine the strawberries and sugar in a bowl and stir to combine. Cover and refrigerate for 30 minutes or overnight.
- Divide half the strawberries into two clear glasses.
- Add half the Greek yogurt on top.
- Add half the blueberries on top.
- Add all the granola on top.
- Repeat with one more layer of strawberries, one more layer of Greek yogurt, and one more layer of the blueberries. (red, white, blue, granola, red, white, blue)
- Serve immediately for best consistency.

Added Fun

Eat with something other than a spoon,
more creative the better!



Soynut Butter & Jelly Tacos

Ingredients

- Bread (crustless)
- 1/2 c. peanut butter, creamy and natural (or sunflower seed butter for nut free option)
- Jelly

Method

- Lather Soynut butter and jelly on your crustless bread and then fold in half to form your taco!
- Enjoy



No Bake Apple Donuts

Ingredients

- 3 apples, cut into 1/2" thick slices
- 2 c. water + juice of 1 lemon* (see notes)

DONUT "FROSTING":

- 1/2 c. peanut butter, creamy and natural (or sunflower seed butter for nut free option)
- 1 Tbsp. cocoa powder

Method

- Cut small circles out in the middle of each apple slice.
- Soak the apple rings into the water and lemon juice mixture for 5-10 minutes. Pat dry completely.
- Mix together the peanut butter and cocoa powder until smooth and well combined. Slather over each slice.
- Add the toppings of choice.

Added Fun

Switch up the toppings: rainbow sprinkles, chocolate sprinkles, cacao nibs, mini chocolate chips, granola, chopped nuts or seeds



Banana Yogurt Pops

Ingredients

- 3 bananas peeled and cut in half
- 3/4 cup vanilla yogurt or flavor of your choice
- sprinkles or toppings of your choice
- popsicle sticks

Method

- Halve and peel each banana. Insert a popsicle stick into each banana half.
- Dip bananas into yogurt, using a spoon to coat each banana evenly. Let excess yogurt drip off.
- Add sprinkles or topping of your choice.
- Place bananas on a plate covered in wax or parchment paper. Freeze until the yogurt has hardened, about 2 hours. (Allow for more time if you would like the banana to be frozen through).

Added Fun

Add your favorite color of sprinkle!



Blueberry Muffins

Ingredients

- 1 1/2 cups (all-purpose flour
- 3/4 cup granulated sugar plus 1 tablespoon for muffin tops
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/3 cup vegetable oil
- 1 large egg
- 1/3 – 1/2 cup milk
- 1 1/2 teaspoons vanilla extract
- 6 to 8 ounces fresh or frozen blueberries
about 1 cup frozen blueberries

Method

- Preheat oven to 400° F
- In a large bowl whisk flour, sugar, baking powder and salt,
- Use a measuring cup that holds at least 1 cup and add vegetable oil, egg and then fill the cup to the 1-cup line with milk (about 1/3 to a 1/2 cup of milk).
- Add vanilla and whisk until combined.
- Add milk mixture to the bowl with flour and sugar then use a fork to combine. Do not over mix. (The muffin batter will be pretty thick).
- Add blueberries and use a spatula or spoon to gently fold the blueberries into the muffin batter.
- Divide the batter between the muffin cups filling about 1/2 full.
- Sprinkle a little sugar on top of each muffin.
- Bake for 15-20 minutes



Chocolate Overnight Oats

Ingredients

- 1 cup old-fashioned rolled oats
- 1 Tablespoon chia seeds
- 1 scoop chocolate protein powder
(optional)
- 1 Tablespoon unsweetened cocoa powder
- 2 Tablespoons peanut butter (or Soynut Butter)
- 2 Tablespoons maple syrup, or a few drops of liquid chocolate stevia
- 1 1/4 cup Milk of your choice
- 1 teaspoon vanilla extract

Method

- Add oats, chia seeds, protein powder, cocoa powder, and peanut butter powder to a bowl and mix to combine. Stir in maple syrup, milk, and vanilla extract until well combined.
- Divide between two 8oz containers with a lid (I like these containers, or half pint mason jars work great) and refrigerate overnight or for up to 5 days before eating.
- Enjoy!

Added Fun

Add Fresh Fruit



Whipped Carmel Apple Dip

Ingredients

- 1 1/2 cups heavy whipping cream
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1 Tablespoon granulated sugar
- 1/3 cup caramel sauce , homemade or store bought
- 4 ounces cream cheese , softened, cut into pieces
- apple , sliced for serving

Method

- Beat the cream cheese in a stand mixer or large mixing bowl, until smooth. Add the cream and mix well until stiff peaks form, about 3 minutes.
- Mix in cinnamon, vanilla, sugar, and caramel sauce until combined.
- Serve with apple slices. Refrigerate leftovers.

Added Fun

Add Sprinkles



Healthy Frozen Yogurt

Ingredients

- 16 ounce bags frozen peaches (or 4 cups fresh peaches, frozen solid)
- 3 heaping Tablespoons honey (or agave nectar)
- 1/2 cup plain Greek yogurt
- 1 teaspoon vanilla extract

Method

- Combine yogurt, honey and vanilla extract in a medium bowl.
- Freeze for 1 hour.
- Place frozen peaches in food processor or blender and blend until they reach very small chunks.
- Add frozen yogurt to the food processor or blender with the peaches.
- Pulse a few times more times until mixture is incorporated.
- Transfer back to a medium bowl and refreeze for another 1-2 hours depending how hard or soft you want your frozen yogurt

Added Fun

Swap for your favorite fruit and add fun food coloring !



Banana Bread Bites

Ingredients

- 4 bananas , about 1 ⅓ cups, mashed
- 1 large egg
- 1 Tablespoon vanilla extract
- 3 Tablespoons light brown sugar
- 2 Tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups all-purpose flour (white or whole wheat)
- 2 Tablespoons unsalted butter , melted

Method

- Grease a standard muffin pan (or line with paper muffin liners). Preheat oven to 350 degrees F.
- Mash bananas in a mixing bowl. Add egg, vanilla, brown sugar, granulated sugar, and cinnamon and stir well to combine.
- In a separate small bowl stir together flour, baking powder, baking soda and salt. Add to banana mixture and stir, just to combine.
- Gently stir in melted butter. Don't over-mix the batter.
- Spoon the batter into prepared muffin pan and bake for 18-25 minutes. Makes 12 muffins.

Added Fun

Chocolate Chips make a yummy addition



Parent Hack!

*Freeze them for an
quick & easy snack
after school!*

Smoothie

Ingredients

- 2 cups strawberries fresh or frozen
- 1 banana fresh or frozen
- 1 cup milk , regular, ,soy or almond milk
- 1/2 Tablespoon honey , optional
- ice*

Method

- Add all ingredients to a blender and blend until smooth. If the smoothie is too thick, add more milk. If it is too thin, add more fruit or ice, to your preference.

Note:

- **Ice:** If using fresh fruit, add ½ to 1 cup ice, to help thicken the smoothie. If using frozen strawberries and a frozen banana, no ice is needed.
- **Add protein:** Use Silk Nutmilk, in place of milk, or add ½ cup Greek yogurt, or ¼ cup rolled oats.

Added Fun

Use a funky straw or silly cup!



Sweet Potato Fries

Ingredients

- 1 lb sweet potatoes (about 2)
- 2 tablespoons olive oil , avocado oil, or , coconut oil
- 2 ½ teaspoons cornstarch
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- ½ teaspoon ground pepper
- 1-2 teaspoons sea salt , to taste (or seasoned salt- like Lawry's brand)
- 2 Tablespoon fresh chopped parsley (optional)

Method

- Peel and cut sweet potatoes into “matchsticks” about ¼ inch thick, making them as uniform in size as possible.
- Add them to a bowl and cover with cold water. Refrigerate for 30 minutes, or up to overnight. Drain and pat very dry.
- Preheat oven to 425 degrees F. Line two baking sheets with parchment paper or silicone baking mats.
- Mix cornstarch, garlic powder, chili powder and pepper together in a bowl.
- Add the sweet potatoes to a large resealable bag. Toss evenly with oil, then add spice mixture and toss to coat evenly.
- Divide them onto the baking sheets, making sure they are not crowded or touching (otherwise they will steam, instead of roast). (Bake in two batches if you only have one sheet pan.)
- Bake for 15 minutes, remove from the oven, and flip fries to the other side.
- Return to the oven for 12-15 more minutes until crisp.
- While the fries bake, make fry sauce by combining the ingredients in a bowl.
- Remove sweet potato fries from oven and season to taste with salt and fresh parsley if desired. Serve with dipping sauce.



Fruit Salad

Ingredients

- 1 pint fresh raspberries , washed
- 1 pint fresh strawberries , washed, hulled and quartered
- 1 pint fresh blueberries , washed
- 2 cups grapes (red or green), halved
- 2 cups fresh pineapples , cut into small chunks
- fresh mint leaves , optional
- 1 orange (for juice and zest–I don't use the whole thing, just to taste)

Method

- Combine all of the fruit in a large bowl–I add the raspberries at the very end so they don't get smashed.
- Add some chopped fresh mint leaves, to taste, if desired.
- Zest some of the orange over the bowl and squeeze a little fresh orange juice over the top (don't add to much because you don't want a lot of extra liquid). Serve immediately.

Added Fun

Add a unique new fruit to the mix!



7 Layer Bean Dip

Ingredients

- 2 cans refried beans (black or pinto)
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 3 avocados , peeled and seeded
- 1 Tablespoon lemon juice (or lime juice)
- 8 ounces sour cream
- 3/4 cup salsa
- 1 1/2 cups shredded Mexican blend cheeses (cheddar and Monterey jack)
- 6 ounces black olives , sliced
- 2 green onions , chopped
- 1 roma tomato diced, for garnish (optional)
- tortilla chips , for serving

Method

- Add the refried beans to a mixing bowl. Season with chili powder, cumin and garlic powder. Taste and add more seasoning if desired.
- Spread beans into a single layer on a large serving plate or in a 9×13” pan.
- Add avocado and lemon/lime juice to a bowl and mash well with a fork. Spread into an even layer, over the beans.
- Spread sour cream into an even layer, over the mashed avocado layer.
- Dollop small spoonfuls of salsa all over the top of the sour cream layer.
- Sprinkle with cheese, followed by olives, and then green onion. You could also add a diced tomato for garnish (optional).
- Refrigerate until ready to serve (this can be made a day in advance).
- Serve with tortilla chips



Vegetable Dip

Ingredients

- 1 packet Knorr Dry Vegetable Recipe Mix
- 1 cup mayonnaise
- 1 cup sour cream (or plain Greek yogurt- I've used both with great results)
- 1/2 cup fresh spinach leaves packed, then very finely chopped
- freshly ground black pepper , to taste

Method

- Combine all ingredients together until smooth.
- Refrigerate until ready to serve. Serve cold with raw veggies.
- Store in the refrigerator for 3-4 days



Pizza Muffins

Ingredients

- 6 Whole Wheat English muffins split
- ½ cup pizza sauce
- 2 cups shredded mozzarella cheese
- 4 ounces mini pepperoni

Method

- Preheat the oven to 375 degrees F.
- Toast the English muffins in a toaster to prevent the middle from being soggy when you bake them. You can also bake them for a few minutes in the preheated oven.
- Arrange the toasted English muffin halves cut-side up on a baking sheet lined with aluminum foil for easy clean up.
- Spread pizza sauce evenly on top of each one; sprinkle with mozzarella cheese and top with mini pepperoni slices.
- Bake in the preheated oven at 375 degrees F for 10-12 minutes or until the cheese is melted and browned on the edges.



Yogurt Fruit Bark

Ingredients

- 3 cups mixed berries, fresh or frozen, separated
- 2 cups plain yogurt (see notes)
- 2-3 tbsp honey
- 1/2 cup granola

Method

- Line a baking sheet with parchment paper. You can use a 9×9 baking dish, 9×13 baking dish or a 13×18 baking sheet, depending on how thick you want your bark.
- In a blender, add in 2 cups of the berries, the yogurt and honey and blend until smooth.
- Pour the yogurt onto the baking sheet and spread with a knife or spatula until you have a smooth layer.
- Sprinkle on the remaining chopped berries and granola. Place the baking sheet in the freezer for at least 4 hours.
- Take the baking sheet out of the fridge and break the yogurt bark into chunks with your hands.
- Serve and enjoy.





INSPIRED BY CHILDREN

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