

QUICK

After-school snacks your kids will LOVE

When your kids have had a busy day running around and learning, it's only fair that they refuel with a snack before dinner.

We've come up with 6 simple snacks to satisfy your kids when they come through the door:

Monday



Try livening up some sliced apples with caramel, peanut butter or chocolate chips. They'll love the crunch combined with a bit of sweetness. Success!

Tuesday

For a savory snack, cut a whole pita up into triangles and bake in the oven for a few minutes. Sprinkle with olive oil and sea salt, and serve with hummus. Perfect picking for little hands.



Wednesday



For the times when they need a nibble five minutes ago, Welch's Fruit Snacks are your best friend. The yummy snacks are fat free, gluten free, preservative free and made with fruit—so everyone's happy.

Thursday

Making food ahead of time and popping it in the freezer can be a huge time saver. Make them in batches so you can simply pull out individual baked treats (like muffins, scones or cookies), defrost, et voila – snack ready in seconds flat!



Friday



Popcorn is a delicious snack that requires zero prep, makes no mess, and is ready to go in no time at all. Go plain if that's what your kids are into - or mix things up with a flavoured variety like white cheese or sweet chilli.

Weekends

Make some No-Bake Energy Bites using oatmeal, peanut butter and honey ahead of time, then whip them out when hunger strikes. Add anything else your kids love (think blueberry, chocolate chip, smarties or raisins). Yum!

