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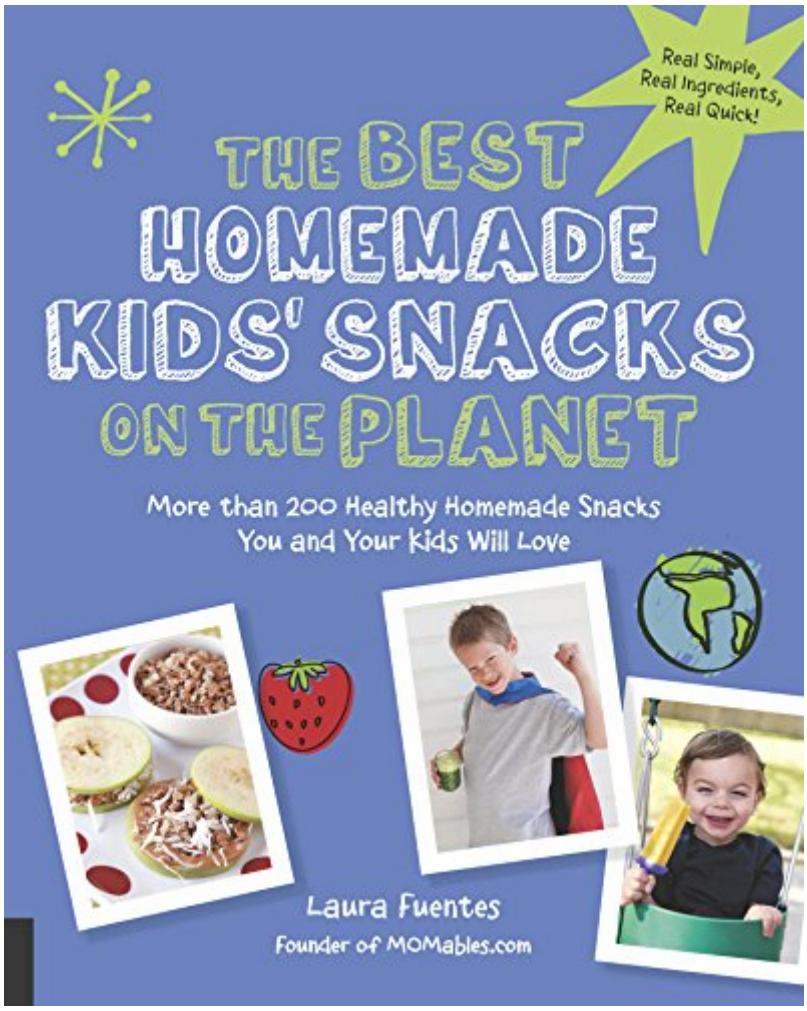
The Best Homemade Kids' Snacks On The Planet: More Than 200 Healthy Homemade Snacks You And Your Kids Will Love



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Synopsis

If you’re a parent or a caregiver, you know that kids are hungry all the time. And while you want to give them the best, snack time can be a true test. How do you avoid the convenient-but-unhealthy storebought treats and instead provide something that not only tastes good, but is good for them them too?With The Best Homemade Kids’ Snacks on the Planet, you’ll find more than 200+ great ideas for solving the snack conundrum. Recipes and ideas you can whip up in minutes, without fuss in the kitchen, or fuss from your kid! So whether you’re packing snacks for your purse, the school bag, the sports bag, or the can’t-make-it-until-dinner whining hour, you’ll find quick and healthy ideas everyone in your family will love.

Book Information

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Customer Reviews

My kids love the recipes here. Lots of creative snack ideas to get us out of a rut.

My kids are all over most of the recipes with the exception of hidden bananas (chocolate pudding with bananas and avocado-no way).

Greatest book ever. We all love the recipes in here.

Giving as gifts to my lilttles! And their moms

So, as the mother of the toddler who is occasionally particular and really likes to snack, I was super excited to read this book and get some new ideas to get me out of a snacktime rut. Unfortunately, the claim on the front of the cover that says "more than 200 healthy homemade snacks" is a little misleading, at least when it comes to the healthy part. While there are a number of great healthy snack ideas in here, I would say the majority of the really innovative ideas were things that were incredibly sweet or contain chocolate, such as berry chocolatey pizza, party mix containing as much maple syrup as it does nuts, homemade caramel corn, s'mores popcorn, trail mix with chocolate and marshmallows and graham crackers, marshmallow cream fluff, marshmallow cream filled chocolate cupcakes, homemade mint thins made with crackers covered with melted chocolate chips and peppermint extract, homemade pop tarts made from pie dough, and a HUGE number of things made from white flour, which I consider an occasional "treat" food rather than an everyday food.While most of the recipes were indeed exciting snacks that kids would probably like, I have to say that I will probably cut out the 20 or so recipes that I liked (she has some very exciting dips for kids including a number of hummuses, "magic" banana cookies with only 3 ingredients, energy bites, 'Ninja Turtle" nuggets, baked zucchini bites, and some fun variations on deviled eggs which I have seen before but it's nice to have in one place) and won't keep the book.I guess I'm just a little annoyed when books cater to the lowest common denominator health and flavor wise. Can kids not enjoy complex flavors? Do they really need white flour-based, sugar-laden snacks? What about vegetables and healthy proteins? My guy is almost two and he eats a wide variety of foods - there are very few things in this book I'd consider healthy fare for anyone in my family much less the one member who is still growing and needs nutrient-dense foods more than anyone.

Great, easy, kid friendly recipes.

Great ideas

some great recipes

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