Snack it UP

Ideas for vegetable snacks your kids will love!

Tips for Preparing Snacks

1. Pre-cut vegetables, or purchase vegetables pre-cut, so your kids can grab and go.
2. Choose "kid-sized vegetables", such as baby carrots, cherry tomatoes, or green beans
3. Put snack choices at the front of the fridge, or on the door, in a place that is easy to access.
4. Serve sliced vegetables with dips, such as hummus, salsa, or a yogurt-based dip.

Flavor-packed Yogurt Dip

Tip: Have your child help you make a dip with a new or a favorite spice.

Less than 5 minutes
Makes 4 servings
$0.50 per serving

Ingredients:
One individual container of plain Greek style yogurt
2 teaspoons of your favorite spices (see ideas at right)
Sliced bell pepper, cucumber, carrot, or another favorite vegetable

1. Add spices to yogurt in 1/2 teaspoon increments, tasting after each addition until you find a flavor combination you enjoy.
2. Serve 3 tablespoons of the finished dip, and save the rest for another snack! Cover the container with plastic wrap or tin foil and return to the refridgerator for up to 5 days.

Try these flavor combinations:

- **Italian Spice:**
  1/2 teaspoon each of dried basil, oregano, parsley, and rosemary
- **Ranch Style:**
  1/2 teaspoon each of garlic powder, onion powder, dried dill, and dried parsley