



Sweet Afternoon Snacks



Nutritious Snacks

Check out these tasty after-school snacks. Filled with fruit and nutrients, these will give you the energy boost you need to get through your day.

*Peanut Butter
and Nana Stacker
Parfait*

Detroit, MI

Peanut Butter and Nana Stacker Parfait

prep time: 5 min total time: 15 min serves: 4

ingredients

½ cup low-fat vanilla
yogurt

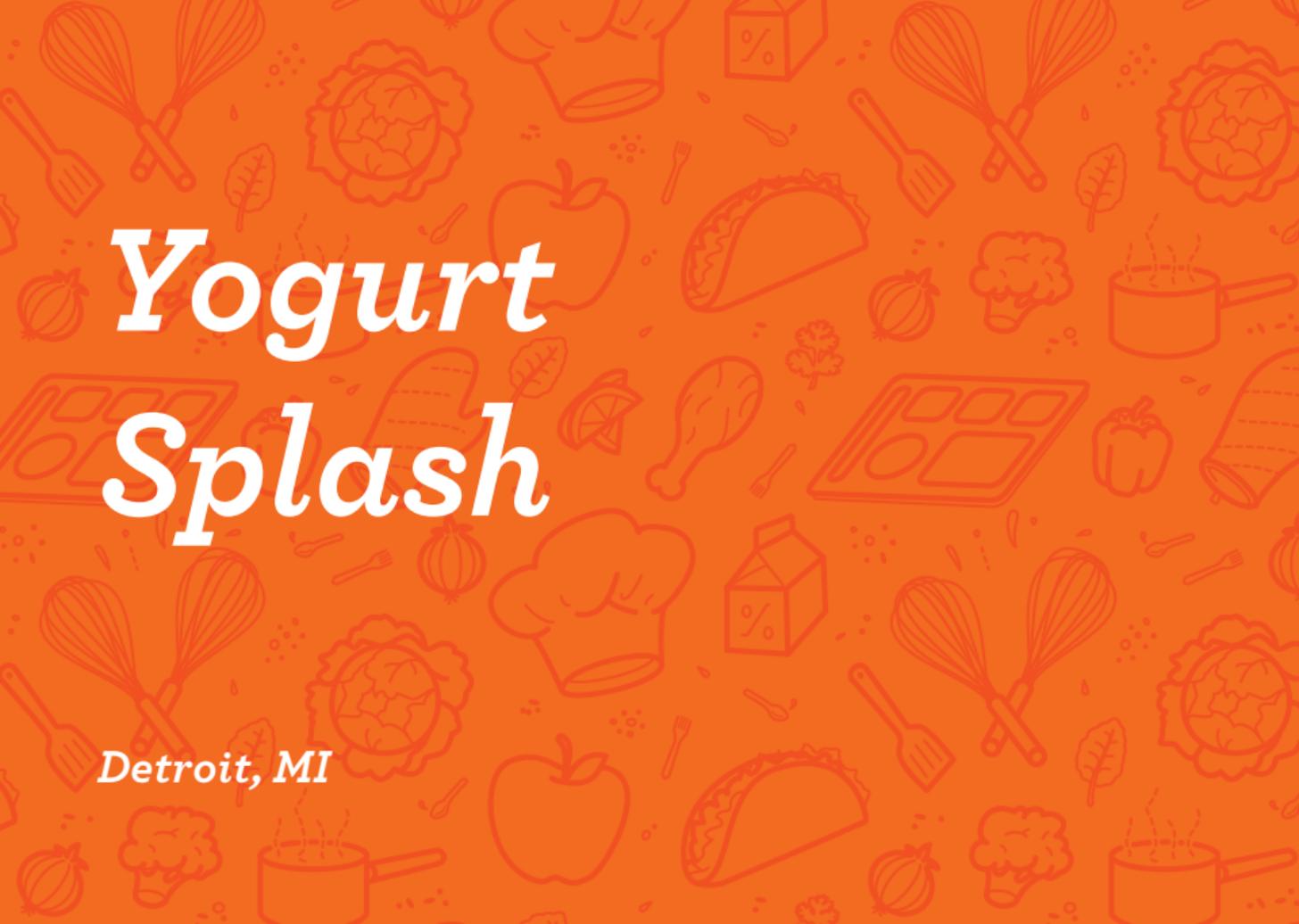
¼ cup plus 2 tablespoons
peanut butter

8 graham cracker squares

4 bananas

directions

1. Mix yogurt and peanut butter together in a small bowl.
2. Place graham crackers in a plastic bag and crush with a rolling pin or small pot.
3. Slice bananas. Take half of banana slices and divide evenly between four cups.
4. Take half of yogurt mixture and divide between the four cups, layering on top of the banana.
5. Take half of graham cracker crumbs and sprinkle on top of the yogurt in each cup.
6. Repeat the layers with the remaining bananas, yogurt mixture and graham cracker crumbs. Serve and enjoy!



Yogurt Splash

Detroit, MI

Yogurt Splash

Prep Time: 10 min Total Time: 10 min Serves: 4

Ingredients

1 cup dried cranberries

4 ounces vanilla yogurt

$\frac{1}{4}$ cup canned pineapple pieces

$\frac{1}{4}$ teaspoon chili powder

Directions

1. Layer cranberries in the bottoms of four 5-ounce serving dishes, cover cranberries with a thin layer of yogurt, and repeat twice for three layers of each total.
2. Top with pineapple and garnish with chili powder. Serve and enjoy!



Apple DeLites

Boston, MA

Apple DeLites

Prep Time: 10 min Total Time: 45 min Serves: 4

Ingredients

2 large apples or 2 cups
frozen apple slices

1 ½ tablespoons sunflower
seed butter

2 ounces oats

2 tablespoons plain yogurt

Directions

1. Preheat oven to 350° F. Peel apples if using fresh or thaw frozen slices. Dice apple. Heat sauté pan over medium heat; coat with cooking spray. When pan is hot, add apples and sauté until caramelized. Set aside.
2. Combine sunflower seed butter and oats in a medium bowl; mix well. Fold in apples and yogurt until evenly incorporated.
3. Portion mixture into a well-greased muffin tin; press down firmly.
4. Bake for 20 minutes or until the edges start to brown. Allow to cool completely before removing from tin.
5. Serve and enjoy!

Tutti Fruity Parfait

Detroit, MI

Tutti Fruity Parfait

prep time: 10 min

total time: 20 min

serves: 4

ingredients

2 oranges

4 kiwi fruits

2 cup diced, canned peaches
(drained)

8 ounces low-fat vanilla yogurt

1 cup granola

directions

- 1 Peel and section oranges.
 - 2 Peel kiwi and cut into medium dice.
 - 3 Combine oranges, kiwi and peaches in a medium bowl; fold in the yogurt.
 - 4 Portion yogurt mixture into serving dishes.
 - 5 Top each serving with $\frac{1}{4}$ cup of granola.
- Chill, serve and enjoy!