



Kid Friendly Snacks

Quick Pre-Snack Prayer to Thank God:

Come, Lord Jesus, be our guest, And let this food to us be blessed.
Thank you for the world so sweet. Thank you for the food we eat!

No Bake Cookie Balls

<ul style="list-style-type: none">• 4 cups oats• 8 tbsp honey• 1 cup peanut butter• 4 tsp vanilla extract• 4 tsp chia seeds• 1 cup mix-ins of your choice Example: nuts or chocolate candy	<p>Instructions:</p> <ol style="list-style-type: none">1. Mix all the ingredients together in a large bowl.2. Roll the mixture into small balls.3. Store in the refrigerator for up to two weeks
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Frozen Yogurt Bananas

<ul style="list-style-type: none">• 3 Bananas• 3/4 cup vanilla yogurt• Sprinkles or toppings of your choice• Popsicle sticks	<p>Instructions:</p> <ol style="list-style-type: none">1. Peel and halve each banana. Insert a popsicle stick into each banana half.2. Roll bananas in yogurt to coat evenly. Let excess yogurt drip off.3. Add sprinkles or toppings of your choice.4. Place bananas on a plate covered in wax or parchment paper. Freeze for two hours or until yogurt has hardened.
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Fruit Dip

<ul style="list-style-type: none">• 1 cup low-fat sour cream or Greek yogurt• 2 tbsp brown sugar• 2 tbsp lime juice• Pinch of cinnamon• Fruit of your choice• Optional: Skewers	<p>Instructions:</p> <ol style="list-style-type: none">1. Mix brown sugar and lime juice into low-fat sour cream or Greek yogurt.2. Sprinkle cinnamon on top of mixture.3. Optional: Thread fruit of your choice onto skewers.4. Serve immediately.
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