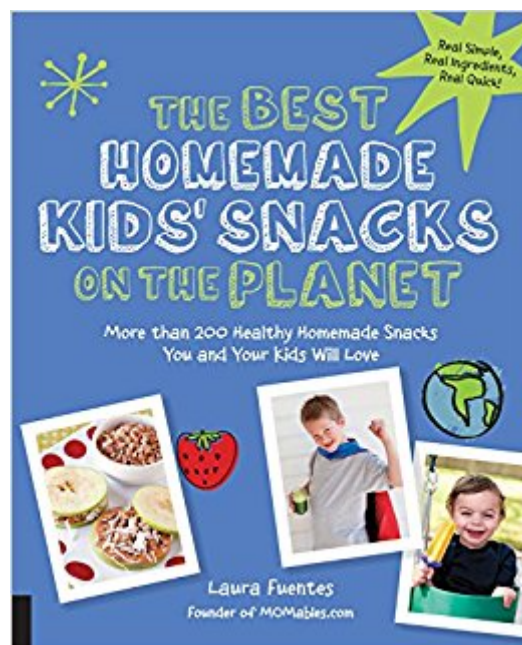




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# The Best Homemade Kids' Snacks On The Planet: More Than 200 Healthy Homemade Snacks You And Your Kids Will Love (Best On The Planet)



## 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 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

[View larger](#)    **Chocolate Brownie Energy Bites**    These are the only brownie bites I don't feel guilty eating at four o'clock in the afternoon. The raisins add fiber while the cashews add protein, making this a satisfying and nutritious snack.    - 1 cup (145 g) raisins, packed    - 1 cup (120 g) cashews    - 1/4 cup (20 g) cocoa powder    - 1 teaspoon vanilla extract    - 1/4 teaspoon salt    - Pinch of cinnamon    Place raisins in a medium bowl and cover with hot water. Soak for 5 minutes to soften then drain. Add raisins and all remaining ingredients into a food processor and pulse until mixture is the consistency of sand. Remove blade from the unit.

Using your hands, scoop out dough and form into balls on the palms of your hands. Chill for 30 minutes and enjoy. Store in an airtight container in the fridge for up to 1 week. Yield - 18 bites

"Fuentes (Best Homemade Kids' Lunches on the Planet) follows up with more than 200 snack recipes that are alternatives to the "expensive, processed box" kind. Complemented by color photos, the work offers a strategy that involves planning, buying in bulk, and having a well-stocked pantry. She advocates making big batches, prepping ahead, and freezing for time management. "Laura's tips" and "kitchen notes" are scattered throughout, providing more advice. Snacks range from red, white, and blue parfait (strawberries, blueberries, yogurt, and granola) to veggie dipping jars (hummus on the bottom of jar with raw veggies) to peaches and cream bread. One chapter features "reimagined classics" such as fresh fruit toaster pastries and homemade golden fishes. Recipes are also included for smoothies and frozen treats. A feedback chart at the back can be photocopied to allow readers to keep track of which recipes the kids liked. VERDICT Stocked with good ideas, these recipes will give families (not just the kids!) nutritional snacking options." - Library Journal

Laura Fuentes is the founder and CEO of MOMables.com., where she helps thousands of parents every day make meals and snacks their kids will love. She is the author of *The Best Homemade Kids' Lunches on the Planet*, *The Best Homemade Kids' Snacks on the Planet*, and *The Best Grain-Free Family Meals on the Planet*. Laura is a speaker, recipe developer, and lover of all things mom. She partners with major real food brands to promote healthy school lunches, reduce childhood obesity, and teach healthy family eating. In her personal blog, Laura writes about motherhood, good family food, managing deadlines, and keeping her cool, even when her kids super-glued her hair. Visit her at [www.LauraFuentes.com](http://www.LauraFuentes.com) and [www.momables.com](http://www.momables.com).

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 liltles! 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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