



Healthy After School Snack Ideas!



Coach Lisa

Choose a banana or apple with a bit of nut butter – a great after school snack to keep the hungries away before dinner while giving young bodies some protein and nutrients to grow strong and healthy!



Coach Danny

We often had “power balls” growing up, simply mix oats, peanut butter and chia seeds and roll into balls. Delicious!



Coach Katie

My favorite was always the classic “Ants on a Log” with celery topped with peanut butter and raisins. An additional idea I got it from a Mr. Roger’s episode when I was a kid and I still like it—put some peanut butter on a slice of cheese and wrap it around a banana.

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Coach Kristina

Homemade Fruit Popsicles! Easy Egg Bites: Whisk together 6 eggs, 4 egg whites, add 1.5 c diced red peppers, season with pepper and herbs, pour into nonstick muffin cups, bake at 350 for 24-28 minutes. Store up to 3 days in the fridge or freeze.



Coach Wendy

No Bake Oatmeal Energy Bites: Mix 2/3 cup natural peanut butter, 1 cup old fashioned oats, 1/2 cup ground flax seeds, 2 TBS dates, 1 tsp. vanilla extract, add a topping (pecans , walnuts, cocoa powder , hemp seeds, chia seeds), stir or blend in a food processor all 5 ingredients together for 60-90 seconds, and use cookie scoop to roll into balls. Place in fridge for up to 5 days.



Coach Marisa

Chocolate Smoothie with 1 scoop of chocolate protein OR 2 tbsp. of cacao/cocoa powder, 1 frozen ripe banana (may also substitute for berries), 2 tbsp. of peanut butter, 1 c. milk of choice (add more to thin shake), add ice according to taste and blend.



Coach Mary

When my kids were looking for after school snacks, I created a nibble tray for them to munch on while doing homework. So basically take a muffin tin and add: fruit, veggie, yogurt dip, hummus, almond butter, salsa, 1/2 hard boiled egg.

Here is the recipe for yogurt dips:

- Chocolate fruit dip- plain Greek yogurt, honey, cacao powder, vanilla, cinnamon
- Key lime fruit dip- plain Greek yogurt, honey, key lime zest, vanilla
- Almond butter fruit dip- plain Greek yogurt, honey, almond butter, vanilla, cinnamon

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Coach Felicia

Cutting fruit and veggies into fun shapes has always worked well for the kiddos to make it feel like “fruit snacks!” Also smoothies work well to sneak in those veggies while making it fun for them by putting a strawberry on top or whatever fruit is used for the smoothie on top.



Coach Kathy

Some of my favorites for my toddler are half of a Greek yogurt with berries, a hummus cup with cucumbers and cassava pretzels, or just a bowl of watermelon.



Coach Karen

Carrots shaped like crinkled chips from the produce department served with Bolthouse Farm’s yogurt ranch. The key to getting kids to eat veggies is to arrange them in a colorful way on a platter with dip in the center!



Coach Megan

Two go-to snack options my family loves are homemade ranch yogurt dip with cut up veggies and a fresh fruit salad with fresh orange juice squeezed over top.

Ranch Dip:

- 1 cup plain greek yogurt
- 1 tablespoon dried parsley
- 1 teaspoon dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder