

33 Terrifically Tasty Snack Ideas

Enjoy 3 servings of milk, cheese or yogurt for stronger bones and to stave off the afternoon slump! Help your kids get on their way to 3-A-Day of Dairy and keep them energized by serving one of these snacks as they arrive home from school or on their way to after-school activities.



Milk

- 1. Out of the bowl:**
Get a mid-afternoon boost with a cold glass of fat free milk and hand-full of whole grain cereal.
- 2. Strawberry-sicles:**
Mix lowfat strawberry milk with fresh strawberry slices and freeze in a popsicle container.
- 3. Flavor on-the-Fly:**
Fat free flavored milks are perfect anywhere you go- just take, shake and sip!
- 4. Choco-Raspberry Chug**
Blend a cup of fat free milk with frozen raspberries and sweetened cocoa.
- 5. Sweet Milk Steamer:**
Microwave a cup of lowfat milk and honey.
- 6. Banana Split Blenders:**
Blend lowfat strawberry milk with banana slices and ice.
- 7. Morning Mocha**
Mix a cup of reduced fat milk with a teaspoon of instant coffee and sweetened cocoa.
- 8. A Sip of Spice**
Warm a cup of milk and mix with Chai tea to warm up the afternoon.
- 9. Graham Dunk:**
Dip a few graham crackers into a cold glass of lowfat milk.
- 10. Fruity Splash:**
Blend your strawberry milk with fresh bananas and ice.
- 11. Vanilla-Berry Bowl:**
Enjoy lowfat vanilla milk with a bowl of fresh berries.

Cheese

- 12. Salsa Roll-Up:**
Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.
- 13. Cheddar Crunch:**
Mix ½ cup of Cheddar cheese shreds with popcorn and pretzels.
- 14. Veggie Wraps:**
Wrap Colby Jack cheese around spears of asparagus.
- 15. Cherry Tomato Crunchers**
Top wheat crackers with reduced fat Mozzarella cheese and cherry tomatoes.
- 16. Cheese & Crackers:**
Layer lowfat American cheese and smoked turkey onto crackers.
- 17. Seafood Spread:**
Mix canned salmon or crab with Ricotta or Mozzarella cheese and eat on pita wedges.
- 18. Zesty Tostada:**
Top a tostada with fat free refried beans and reduced fat shredded Pepper Jack cheese.
- 19. Chicken Melt:**
Melt a slice of reduced fat Colby Jack cheese over canned chicken on an English muffin.
- 20. Cheese Ka-bob:**
Alternate small slices of apples and reduced fat Cheddar cheese on skewers.
- 21. Lettuce Wraps**
Wrap a slice of Swiss cheese, turkey, and Dijon mustard in lettuce leaves.
- 22. String by String:**
Pack light string cheese into the sports bag for a post-activity energizer.

Yogurt

- 23. Tropical Smoothie:**
Blend fresh orange slices with strawberry yogurt and ice.
- 24. Cucumber Salad**
Mix diced cucumber with a cup of lowfat plain yogurt, mint and a pinch of salt and pepper and spread on whole-wheat pita wedges.
- 25. Mango Mixer**
Enjoy a tropical treat by blending mango, plain lowfat yogurt and a splash of pineapple juice.
- 26. Parfait Pleaser:**
Layer granola and fresh fruit with your favorite lowfat yogurt.
- 27. Simple Shortcake:**
Try pieces of angel food cake with a cup of strawberry yogurt for a heavenly treat.
- 28. Berry Blast:**
Mix blueberry yogurt with fresh blueberries or raspberries.
- 29. Go Nuts:**
Top lowfat vanilla yogurt with a few crushed pecans and cinnamon.
- 30. Honey Fruit Dip:**
Mix fat free yogurt with a dollop of honey for a sweet fruit dip.
- 31. Yo-on-the-Go:**
Enjoy a favorite flavor of drinkable yogurt on the go.
- 32. Mocha Mudslide**
Stir chocolate syrup into a cup of coffee-flavored yogurt and freeze.
- 33. Yogurt Pops:**
Freeze squeezable yogurt for a quick and creamy popsicle.