

5 Easy Snacks Kids Can Make For Themselves



Reading time: 3 minutes

Cook. Clean kitchen. Repeat. Doesn't it seem like we spend half our lives on this little routine? And if your kids have been distance learning from home, then you can multiply that by, say, 500.

But what if our kids were to take care of some of their own eating needs a little more?

Perhaps make their own snacks while you're working on all the other busy adulting jobs?

Great idea, right? That's why we've put together a list of our top five kid-approved, kid-made snacks that are easy, safe (not a sharp knife in sight), and nutritious too.

1) BERRY + YOGURT CONES



Show us a kid that doesn't want a snack from an ice cream cone, and, well, we won't believe you! This one's so simple: all they need to do is fill layers of yogurt and berries for the perfect quick 'n easy snack. And if you'd like to add a little protein punch, have them sprinkle some Kashi GO Peanut Butter Crunch in the mix, (topped with a drizzle of honey, of course.) While they're at it, have them make one for you too!

What they'll need:

Yogurt. Berries. Ice cream cones.

Recipe:

Scoop one tablespoon of yogurt followed by one tablespoon of fresh berries. Repeat until the cone is full. Sprinkle some [Kashi GO Peanut Butter Crunch](#) on top for a crunchy protein kick.

2) WAFFLE SANDWICHES

You may have noticed we are staying away from the stove top in these recipes, but if your kids are old enough to use a toaster, then this is a fun snack for them to

make on their own. With little more than some frozen waffles and some imagination, there is a sweet or savory waffle sandwich somewhere in your kids' future.

What they'll need:

Frozen waffles (kids love our [Kashi Blueberry Waffles](#)). Sweet or savory fillings your child enjoys such as avocado and cheese, bananas and strawberries, or peanut butter and honey.

3) ANTS ON A LOG



The great thing about this one is how much fun the kids can have making it "theirs." Whether they go traditional and fill celery sticks with cream cheese and add raisins as the "ants" or go rogue with hummus and tomatoes or guac and corn, it always makes for a great, easy-to-make snack.

What they'll need:

Celery (the log). Whatever fillings tickle their taste buds, whether peanut butter, cream cheese, smashed avocado or hummus. Raisins (or corn, grapes, cherry tomatoes, Super Loops) for the "ants."

Recipe:

Fill celery sticks with filling of choice, then add "ants." For an added treat, sprinkle some cereal on top.

4) Banana Sushi



Whole grains, fruit, protein? Sounds like the perfect dish to us. If your kids are old enough to spread nut butter and chocolate spread on a flour tortilla, then roll it up with a whole banana inside and slice into bite-sized bananery pieces... then this one's for you.

What they'll need:

1 flour tortilla. 1 banana. 2-3 tbsp peanut butter. A spoonful of Nutella.

Recipe:

Spread PB on one side of the tortilla then add Nutella. Place banana in the center. Roll tortilla around the banana tightly. Slice into 1 inch rounds.

5) KIDDIE CRUNCH MIX

Whether you make this one in advance and let the kids self serve on their own time with a paper cup, or give them free reign to curate it themselves, this kid-take on trail mix can provide a mix of carbs, protein, and other nutrients thanks to the variety of ingredients.

What they'll need:

Crunchy crackers such as animal cracker or pretzels. Peanuts. Yogurt (or chocolate) covered raisins. [Kashi by Kids Chocolate Super Loops](#).

Recipe:

Grab a mixing bowl and pour a cup of each ingredient into bowl and gently mix it up. Fill a paper cup with one serving and seal the rest in a reusable container.

Next time your kids say "I'm hungry" while you've got 75 emails (and counting) to get back to, print this off and point them to the kitchen!