

# Healthy Snacks

## On The Go Recipes



BEEP!

# No Bake Cereal Bites

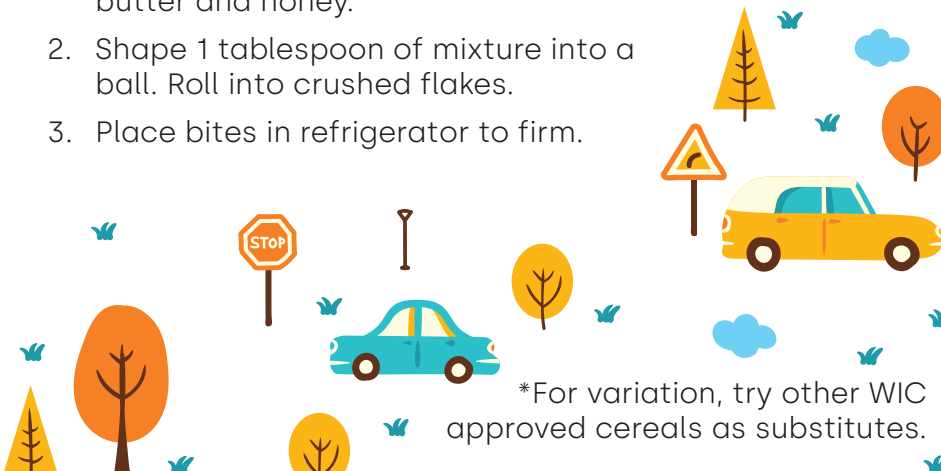


# Ingredients

- ½ cup Grape-Nuts Flakes\* cereal
- ½ cup shredded coconut
- ½ cup creamy peanut butter (or nut butter of choice)
- 2 tbsp honey
- ¼ cup dried cranberries or cherries

# Instructions

1. Combine cereal, coconut, peanut butter and honey.
2. Shape 1 tablespoon of mixture into a ball. Roll into crushed flakes.
3. Place bites in refrigerator to firm.



\*For variation, try other WIC approved cereals as substitutes.

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# Peanut Butter Cereal Bars



# Ingredients

- 2 cups Cheerios\*
- 1 cup oats
- 2/3 cup creamy peanut butter
- 1/3 cup honey
- 1 tbsp ground flax seed
- 1 tbsp chia seeds
- 1/2 cup dried cherries
- 1/4 cup mini chocolate chips

# Instructions

1. Combine cheerios and oats in a large bowl.
2. In a separate bowl, stir peanut butter, honey, ground flax seed and chia seeds until smooth. Pour over cheerios/oats and mix until combined.
3. Stir in dried cherries and mini chocolate chips.
4. Press firmly into 8x8 pan. Freeze for 1 hour and cut into bars.
5. Store in refrigerator.

\*For variation, try other WIC approved cereals as substitutes.



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# Banana N' Oat Muffins



# Ingredients

- 3 medium ripe bananas
- 2 eggs
- ¼ cup honey
- 1 tsp baking soda
- 1 tbsp ground flax seed
- 2 cups old-fashioned oats
- 1/3 cup mini chocolate chips

# Instructions

1. Preheat oven to 350 degrees.
2. Prepare a muffin pan with non-stick spray or muffin liners.
3. Add all ingredients to a blender in the order listed and blend until smooth. You may need to stop and stir until all ingredients are well combined. Pour batter into muffin cups and bake for 15 minutes.
4. Let muffins cool before removing from pan.



