

10 Healthy Finger Snacks for Kids

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Ages 3–8 · No Fuss · Fast

A free resource from MumOS — the app for mums

mumos.app

Mini Veggie Frittata Muffins

20 min

Makes 12

INGREDIENTS

- 4 eggs
- 1/4 cup milk
- Handful spinach, chopped
- 6 cherry tomatoes, halved
- 1/4 cup grated cheddar
- Pinch of salt

METHOD

- 1 Preheat oven to 180C. Grease a mini muffin tin.
- 2 Whisk eggs and milk together, then stir in spinach, tomatoes, and cheese.
- 3 Pour into muffin holes and bake 12-15 min until set and golden.

MUM'S TIP

Make a big batch and refrigerate for up to 3 days - perfect for lunchboxes.

Banana Oat Energy Balls

10 min + chill

Makes 14

INGREDIENTS

- 1 ripe banana, mashed
- 1 cup rolled oats
- 2 tbsp peanut butter
- 1 tbsp honey
- 2 tbsp mini chocolate chips
- Pinch of cinnamon

METHOD

- 1 Mix all ingredients in a bowl until well combined.
- 2 Roll into small balls, about 1 tbsp each.
- 3 Refrigerate for 30 min to firm up, then serve cold.

MUM'S TIP

Roll in desiccated coconut or crushed cereal for extra texture and fun!

Cucumber Cream Cheese Rounds

5 min

Serves 2

INGREDIENTS

- 1 large cucumber
- 4 tbsp cream cheese
- 1 tbsp fresh chives, chopped
- Pinch of black pepper
- Optional: smoked salmon or ham

METHOD

- 1 Slice cucumber into 1 cm rounds.
- 2 Spread cream cheese generously onto each round.
- 3 Sprinkle with chives and pepper, and add optional toppings.

MUM'S TIP

Use a piping bag for the cream cheese to make it fun for kids!

Sweet Potato Wedges

30 min

Serves 2-3

INGREDIENTS

- 2 medium sweet potatoes
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1 tbsp olive oil
- Pinch of salt
- Greek yogurt or hummus to serve

METHOD

- 1 Preheat oven to 200C and cut sweet potatoes into finger-sized wedges.
- 2 Toss with olive oil, paprika, garlic powder, and salt.
- 3 Roast on a lined tray for 25 min, turning halfway through.

MUM'S TIP

Serve with Greek yogurt or hummus for dipping!

Mini Caprese Skewers

8 min

Serves 2

INGREDIENTS

- 12 cherry tomatoes
- 12 mini mozzarella balls
- 12 fresh basil leaves
- Drizzle of olive oil
- Pinch of salt and pepper

METHOD

- 1 Thread a tomato, basil leaf, and mozzarella onto each skewer.
- 2 Arrange on a plate and drizzle with olive oil.
- 3 Season with salt and pepper, then serve immediately.

MUM'S TIP

Use blunt wooden skewers or just stack on a toothpick for little ones.

Avocado Toast Soldiers

8 min

Serves 2

INGREDIENTS

- 2 slices wholegrain bread
- 1 ripe avocado
- Squeeze of lemon juice
- Pinch of salt
- Optional: cherry tomatoes or boiled egg

METHOD

- 1 Toast the bread until golden and crispy.
- 2 Mash avocado with lemon juice and a pinch of salt.
- 3 Spread onto toast and cut into finger-width strips.

MUM'S TIP

Add a sprinkle of everything bagel seasoning for older kids!

Rainbow Veggie Sticks & Hummus

5 min

Serves 2-3

INGREDIENTS

- 2 carrots, cut into sticks
- 1 cucumber, cut into sticks
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 4 tbsp hummus
- Optional: celery or sugar snap peas

METHOD

- 1 Wash and cut all vegetables into finger-sized sticks.
- 2 Arrange on a plate in a rainbow of colours.
- 3 Serve with hummus in a small bowl on the side.

MUM'S TIP

Let kids arrange their own rainbow - it makes them more likely to eat it!

Frozen Yogurt Berry Bites

10 min + 2 hrs

Makes 20

INGREDIENTS

- 1 cup plain Greek yogurt
- 1 tbsp honey
- 1/2 tsp vanilla extract
- 1/2 cup mixed berries

METHOD

- 1 Mix yogurt, honey, and vanilla together in a bowl.
- 2 Place berries into silicone mini moulds or a lined tray.
- 3 Spoon yogurt mixture over the berries and freeze for at least 2 hours.

MUM'S TIP

Pop them out of the mould and store in a freezer bag for up to 2 weeks!

Cheesy Wholegrain Cracker Stacks

5 min

Serves 2

INGREDIENTS

- 8 wholegrain crackers
- 4 slices cheddar or gouda
- 1/2 cucumber, sliced
- 4 cherry tomatoes, halved
- Optional: cream cheese or ham

METHOD

- 1 Place a slice of cheese on each cracker.
- 2 Top with a cucumber slice and a cherry tomato half.
- 3 Serve flat or stacked - ready in under 5 minutes.

MUM'S TIP

Great for lunchboxes - pack crackers and toppings separately to keep them crisp!

Apple Dippers with Honey Yogurt

5 min

Serves 2

INGREDIENTS

- 2 apples (any variety)
- Squeeze of lemon juice
- 1/2 cup plain Greek yogurt
- 1 tsp honey
- Pinch of cinnamon
- Optional: granola for crunch

METHOD

- 1 Core and slice apples into wedges. Toss with lemon juice to prevent browning.
- 2 Mix yogurt with honey and a pinch of cinnamon.
- 3 Serve apple slices with the honey yogurt dip on the side.

MUM'S TIP

Use a muffin tin to serve multiple dips - yogurt, nut butter, and honey!