

# NO-COOK AFTER SCHOOL SNACKS

## PB&J OR PB&B FROZEN GRAHAM WICHES

### INGREDIENTS:

2 GRAHAM CRACKER SQUARES (1 SHEET)  
1 TABLESPOON PEANUT BUTTER (OR  
ALTERNATIVE)

CHOOSE 1:

1 TABLESPOON JAM OR JELLY, ANY FLAVOR  
1/4 BANANA, PEELED AND MASHED

### Directions:

1. Spread peanut butter on one graham cracker square.
  2. Spread jelly on the other graham cracker square. If using banana, mash banana and peanut butter together and spread on graham cracker squares.
  3. Sandwich the two together.
  4. Place in the freezer on a parchment lined plate for a couple of hours until frozen.
  5. Enjoy with a cold glass of milk!
- Serves 1



## YOGURT-COVERED FROZEN BANANA

### INGREDIENTS:

1 BANANA, PEELED AND CUT IN HALF (ACROSS  
THE MIDDLE)  
2 TABLESPOONS YOGURT, VANILLA OR FRUIT  
FLAVORED  
OPTIONAL: RAINBOW SPRINKLES, TOASTED  
NUTS, GRANOLA, COCONUT, MINI CHOCOLATE  
CHIPS  
CRAFT OR POPSICLE STICKS

### Directions:

1. Push craft stick into cut end of banana halves.
  2. Freeze bananas for at least two hours to chill and firm up.
  3. Dip frozen banana halves into yogurt.
  4. Roll dipped bananas in your choice of toppings.
  5. Place in the freezer on a parchment lined plate until completely frozen.
  6. Enjoy
- Serves 1-2

## FRUIT OR VEGGIE CRACKER SNACKS

### INGREDIENTS:

4 CRACKERS, ROUND BUTTERY, WHOLE GRAIN,  
OR GRAHAM  
2 TABLESPOONS FLAVORED CREAM CHEESE  
(FRUIT OR VEGGIE)  
4 TABLESPOONS ASSORTED, CHOPPED FRUITS  
OR VEGGIES

### Directions:

1. Spread cream cheese on crackers.
  2. Top each cracker with 1/2 tablespoon of cream cheese and 1 tablespoon of fruits or veggies.
  3. Enjoy right away!
- Serves 1