



Snacks

Sugar cravings often occur in the afternoon when energy is at its lowest, and it's easy for kids coming home from school to reach for sugary snacks. But, did you know that snacks can fill the nutrient gap? About 25 percent of a child's calories each day come from snacks, which is why they need to be rich with nutrients.

The Meijer Healthy Living Team recommends these pantry staples to keep healthy snacks top-of-mind as kids are reaching for afterschool snacks: Boxes of raisins, whole grain crackers, string cheese and a bowl of fruit.

Here's another healthy snack that's sure to be a hit!

Healthy Afterschool Snack: Nut Butter Apple Pizza

Ingredients:

- 1 Michigan apple
- Pineapple or lemon juice
- 2 Tbsp. Meijer brand peanut butter
- Meijer granola
- Dried cranberries
- Directions:

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Remove apple core and cut apple into ½-inch thick slices (slice crosswise, opposite direction that the apple core runs, to make circle-like shapes). Brush with pineapple juice or lemon juice to prevent browning. Spread apple slices with 2 Tbsp. peanut butter and sprinkle with Meijer granola and dried cranberries.