

SNACK IDEAS

For Your Toddler



fruit smoothie
Try adding frozen
spinach!



rice cake & hummus



cottage or ricotta
cheese & apple



banana & peanut
butter



mini vegetable
frittatas



fruit & yoghurt



wholegrain rice
crackers & vegetable
-based yoghurt dip



wholegrain toast /
fruit toast
(honey should only be used after 12 months)



pizza bagel
(top with passata +
cheese and grill)



wholegrain muffin
& melted cheese



oat & banana cookies
(2 ingredients!)



boiled eggs /
omelette pieces