

Paint Me a Snack: Fun Ideas for Kids

It's time to revamp your snacks.

This apple snack is a great way to apply fancy pastry techniques to healthful and balanced snacks. With this presentation style, kids and adults alike will be begging for more.

Here's the secret. It's all about painting nut butter on your plate. Grab a pastry brush and dip it in a nut butter, then paint a line down the center of the plate. I love using nutella, peanut butter, almond butter, or soy nut butter. If you don't have a pastry brush, use a knife to spread the nut butter on the plate, then use the tines of a fork to make a pattern in the spread.

Once you've got your nut butter base, add crispy apple slices and top them with thin shavings of cheese. I love the way a vegetable peeler makes an ounce of cheese feel like a generous serving. Use the crispiest apples for the best texture, and consider brushing the slices with a bit of lemon or orange juice to prevent browning.

Of course, you don't have to stop there. You can sprinkle the plate with raisins or dried cherries, or you can arrange a stack of whole-grain crackers on the side of the plate. You could even dip some celery into the nut butter as well. Feel free to make this tasty snack your own!

Here are some ideas for the most fun snack plate...

Nut Butters:

- Almond butter
- Cashew butter
- Nutella
- Peanut butter
- Sunflower seed butter (a.k.a. sun butter)

Cheeses:

- American cheese
- Brie
- Cheddar cheese
- Feta
- Goat gouda

Fruits or Vegetables:

- Apples
- Pears



- Celery

Garnishes:

- Dried raisins
- Dried cherries
- Drizzle of honey
- Sunflower seeds
- Toasted and chopped nuts
- Whole grain crackers

Which will you try first?

Of course, I wouldn't leave you hanging without a free handout. Here's a [brand-new PDF handout](#) with the apple snack plate recipe. Members also get exclusive access to a [kitchen equipment review](#) of pastry brushes and a rundown of [other great snack presentation ideas](#). What a treat!

PS: This post is a preview from our new Plating and Presentation Class, which is coming soon to our online cooking school and the [Nutrition Education Store](#). In the meantime, check out these other wonderful resources...

Paint Me a Snack!



Apples with Nut Butter and Cheese
Serves: 1 | Serving Size: 1 plate

Ingredients:

- 1/2 of an apple
- Lemon juice
- 1 ounce of cheese
- 1 tablespoon nut butter

Directions:

Slice the apple half into thin wedges and paint the wedges with a mixture of lemon juice and water to reduce browning.

Use a vegetable peeler to shave the cheese into thin strips.

Dip a pastry brush in the nut butter and paint the butter in a line down the middle of the plate.

Arrange the apples on top of the brushed nut butter.

Top each slice with a bit of cheese and serve.

Nutrition Information:

Serves 1. Each serving contains 235 calories, 17 g fat, 8 g saturated fat, 6 g trans fat, 39 mg cholesterol, 178 mg sodium, 35 g carbohydrate, 3 g dietary fiber, 12 g sugar, and 11 g protein.

Each serving has 79 DV vitamin A, 7% DV vitamin C, 22% DV calcium, and 49 DV iron.

Chef's Tips

Stick to apples that are crisp in order to get the best crunch on your plate.

If you don't have a pastry brush, don't worry! You can spread the nut butter with a knife and make lines on it with a fork.

To eat, use an apple slice to scrape up a little bit of nut butter, then top with a slice of cheese. It's fun!

There are lots of nut butters that would be perfect in this dish. Try almond butter, sunflower seed butter, peanut butter, avocado, cashew butter, etc. The possibilities are endless!

HANDOUT TO YOU BY:



Poster: 100 Calorie Snacks



MyPlate Cooking Demonstration Guide

SNACK GUIDE

Eat well for good health

Snack temptations

Try one of these healthy, delicious snacks.

- Fruit Power:** Grab a large banana and peel it, cut it into 1/2 inch slices, and pack it into a lunchbox with a handful of almonds and some slices of pineapples.
- Protein Power:** Put almonds and cut your lunch to take with your lunch. Add some string cheese and a hard-boiled egg. Start on lunch by eating almonds. Then eat the string cheese and the hard-boiled egg. Try the almonds last.
- Egg on the Go:** Put a hard-boiled egg in a lunchbox with a small amount of string cheese and a small amount of almonds.

Find Balance with MyPlate

Start a diet where you eat all the things you need to be healthy and balanced.

- Balance your snacks:** Eat all the things you need to be healthy and balanced. Eat all the things you need to be healthy and balanced. Eat all the things you need to be healthy and balanced.
- Low fat dairy:** Eat a good amount of low fat dairy. Eat a good amount of low fat dairy. Eat a good amount of low fat dairy.
- Many whole grains:** Eat a good amount of whole grains. Eat a good amount of whole grains. Eat a good amount of whole grains.



Source: www.choosemyplate.gov

Healthy Snack Handouts