

## Healthy Summer Snack Recipes

### 10 Simple Smile-Friendly Snack Ideas on the Go

From: Hixson Pediatric Dentistry + Sprouts Cooking

Good nutrition is just as important for a healthy teeth and gums as it is for a healthy body. A diet that's low in sugar and processed foods, and limits treats like sugary juices and sodas is better for your teeth and gums, and will help you avoid tooth decay and other oral health issues, all while staying healthy.

Here are 10 simple summer snacks that are healthy for smiles and bodies.

And when making your shopping list, make sure to include **10 Good For You Foods** (below)!

- 1 Tortilla roll ups:** Spread almond, peanut or sesame butter on a tortilla, roll and go. You can even sprinkle in sunflower seeds, apple chunks or raisins for an extra special bite!
- 2 Veggie sticks & dip:** What makes it quick and simple is advanced prep, with a container ready to go with carrot and celery sticks, cucumber slices and smaller containers of dip ready to grab and go.
- 3 Fruit & yogurt dip:** Make it an easy choice for hungry kids with small containers of yogurt to dip ready to go in the fridge, and snack-sized bags with slices of apple, pear, orange, banana and other fruit "chips"
- 4 Cheese chunks or sticks:** Calcium-rich cheese in on-the-go packages makes this a great snack idea
- 5 Homemade snack mix:** Store-bought options come with big salt-content and big prices. Make your own and control what goes into the mix, with healthy whole grain cereal, dried fruit, nuts, pretzel sticks or your favorite low-sugar, wholegrain granola. Mix a batch ahead of time and have it ready in small snack-size bags in your cupboard, so little hands reaching for snacks find healthy options. See below for an AWESOME and simple Homemade Granola recipe!
- 6 Smoothies:** Filling, healthy and great-tasting fruit smoothies are easy to make by mixing 1 part yogurt and 1 part chopped fruit, with just enough milk, dairy-free milk or fruit juice to achieve desired thickness.
- 7 Mini meals:** Let leftovers be your inspiration and just scale down portions to avoid ruining little appetites. Healthy snacks can be a cup of tomato soup with a sprinkle of cheese on top, a taco from last night's supper or the last slice of veggie pizza.
- 8 Package it pretty:** Ordinary becomes extraordinary when it's presented creatively. A tortilla becomes a funny face with cheese sprinkles for hair, cherry tomato eyes, a cucumber slice mouth and bell pepper strip eyebrows. Peanut butter on celery sticks dotted with raisins becomes ants on a log. Creative presentation of healthy options is everything.
- 9 Fruit cups:** Watch for options packaged in fruit juice, not sugary syrup and without added sugar, but these pre-packaged options are better than many other pre-packaged snack options.
- 10. Nature's prepackaged snack:** Fresh fruit, straight from a bowl on the counter is the perfect on-the-go snack. No advanced prep needed!

## 10 Good For You Foods

### 10 foods to boost the health of your body and your smile!

Your dentist is good at taking care of your smile, and what's good for your smile is good for your body, too. Here are 10 foods to add to your shopping list for healthier smiles and bodies this summer!

1. **Fruits and vegetables** are high in vitamin A and C.
2. **Apples** help keep teeth healthy and white. The acid in the apple helps remove stains. Apples have been called nature's toothbrush because they stimulate the gums, increase saliva flow and reduce the build-up of cavity-causing bacteria.
3. **Carrots** increase the absorption of calcium by the body. They contain Vitamin A that helps you absorb calcium and makes your teeth healthier.
4. **Cheese** is a perfect choice for healthy teeth and gums. It contains calcium that preserves and rebuilds tooth enamel and helps produce saliva, which kills bacteria that cause gum disease and cavities.
5. **Celery** requires extra chewing, which promotes saliva production, which neutralizes bacteria.
6. **Green tea** helps fight cavities and contains substances called catechins that kill the bacteria in your teeth that cause plaque.
7. **Kiwi** contains vitamin C that helps keep your gums healthy. The vitamin C present in this fruit helps in production of collagen. Collagen is one of the primary ingredients of gum tissue.
8. **Oranges** also contain vitamin C to help promote gum health.
9. **Sesame seeds** and other naturally abrasive foods help slough off plaque. Sesame seeds are also high in calcium, which helps build tooth enamel.
10. **Water** is among the best beverages you can choose for a healthy smile and body. Plain old water keeps your gums hydrated. And it is the best way to stimulate saliva, your body's greatest defense against the bacteria that causes cavities and gum disease. Rinsing your mouth with water also helps flush food particles that can become trapped between teeth.

## Sample Summer FUN Recipes

Trying new things can be tricky for some children. Here are some simple recipes that allow them to get in on the cooking fun. They get to spend time with you and are hopefully more willing to try something new! Here are some of our favorite recipes from healthy nutrition resources that you and your favorite smiles can try this summer.

### Easy Homemade Granola

MAKES 3 LBS

#### INGREDIENTS

- 3½ cups rolled oats (if you want bars use steel cut oats so it will stick together better)
- 1 cup raw sliced almonds
- 1 cup raw cashew pieces (or walnuts or pecans)
- 1 cup unsweetened shredded coconut
- ½ cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- 2 teaspoons ground cinnamon
- 1½ teaspoons ground ginger
- ½ teaspoon grated or ground nutmeg
- 6 tablespoons unsalted butter
- ½ cup honey
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- Also need – parchment paper

#### INSTRUCTIONS

1. Preheat the oven to 250 degrees. Cover a rectangular baking sheet with parchment paper.
2. Mix the dry oats, almonds, cashews, coconut, seeds and spices together in a large mixing bowl.
3. Heat the butter and honey together in a small saucepan over low heat. Once the butter melts stir in the vanilla and salt.
4. Pour the hot liquids over the dry ingredients and stir together with a rubber spatula until evenly coated.
5. Spread mixture onto prepared pan in one even layer. Bake for 75 minutes.
6. The granola will become crisp as it cools at which point you can break into pieces (if making bars) or break it up into small chunks by pounding it in a zip lock bag (if making cereal). Store in air tight container at room temperature for up to 2 weeks.

You can also omit the nuts and seeds and still have a delicious, wholesome snack.

### Chill Out with Homemade Smoothies & Cool Treats

Simple Smoothie: Incorporate fruit and veggies into your summer smoothies! Use a base of kale, spinach or other mixed greens. Add banana and berries of choice. Add cold filtered water until you reach desired consistency. Your kids may not even know you snuck leafy greens in!

#### INGREDIENTS

- 1.5 cups plain or vanilla organic (or greek) yogurt
- 1 cup berries, fresh or frozen (or we have tried 2 oranges, peeled)
- 2 bananas (or 1 – 2 tablespoons of honey if you don't like bananas)
- 2 tablespoons milk
- ½ – ¾ cup fresh spinach leaves
- Optional: if using fresh berries (instead of frozen) add some ice cubes

INSTRUCTIONS: Combine all ingredients into blender and blend. Pour into cups and garnish with fruit or use fun straws to entice your kids! YUM!

## Healthy Popsicles!

### FRESH + FRUITY POPSICLES:

3 cups watermelon puree (seedless if possible)  
1/2 cup fresh blueberries  
1/2 cup chopped fresh strawberries  
1 kiwi, peeled and sliced  
1 peach or nectarine, diced small  
handful fresh cherries, pitted and chopped

Cut the watermelon into chunks and then puree it in a blender until smooth. Set aside. Set out about 1 dozen popsicle molds (amount needed will vary depending on size of molds). Fill each one with the chopped fresh fruit. Then pour in the watermelon puree until each mold is full to the top. Place a popsicle stick into each one. Place into your freezer and freeze for about 6 to 8 hours. When ready, run molds under warm water for a few seconds to loosen them. Enjoy!

You can experiment with your family's favorite fruits and flavors or use these recipes to get you started:

### PEACH RASPBERRY POPSICLE

1 c. raspberries, fresh or frozen (unsweetened)  
3/4 c. orange juice (100%)  
1/2 c. low-fat peach yogurt  
Blend all ingredients well in blender. Divide into molds. Freeze until firm.

### STRAWBERRY YOGURT POPSICLES

2 c. strawberries, hulled and chopped  
2 c. low-fat vanilla yogurt  
Blend well and pour into Popsicle molds. Freeze until firm.



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