

Easy & Creative GFCE Snack Ideas for Kids
(www.loribakes.com)

- 1) Trail mix is always a winner. Things like dried banana chips, cranberries, raisins, nuts, seeds and marshmallows are easy to find GFCE in a regular grocery store. GFCE chocolate chips, pretzels and certain cereals are easy to find in a Health Food Store. The kids can mix in what they desire.
- 2) Nacho chips with homemade salsa that the kids chop and make
- 3) Celery sticks, peanut butter and raisins or carrot sticks to dip in applesauce, hummus or black bean dip or apple slices and peanut butter
- 4) You could make "edible mice" using a half of a pear or strawberry on a piece of lettuce, sliced almonds for the ears, raisins or mini GFCE chocolate chips for the eyes, a red hot cinnamon candy for the nose and a thin sliver of carrot for the tail.
- 5) To make a creative face, a half of banana on a plate can be used as a smile, maraschino cherries for eyes, coconut as hair, raisins, pineapple rings, mandarin oranges and fruit leathers can also be used.
- 6) Homemade popsicles in ice cube trays with juice
- 7) Fresh fruit salad or fruit kabobs are enjoyable for the kids to prepare and are naturally GFCE
- 8) Popcorn with multiple shake on toppings for the kids to choose from is fun.
- 9) Homemade potato and sweet potato chips if you have an oven and adult supervision
- 10) Kids can make a "vegetable skeleton" from things like celery sticks, small carrots, pepper slices, radishes, mushrooms, broccoli etc. and let them be creative.
- 11) An edible fishbowl made with blue Jell-O, Swedish fish and other GFCE candies to stick in the bowl.
- 12) Homemade applesauce made in a crock-pot.

- 13) Easy flowerpots can be made using gumdrop rings and drops or colored marshmallows and toothpicks for the flowers, tinted coconut for the grass and spearmint leaves for the leaves.
- 14) If there are no allergies to peanut butter, peanut butter play dough is a favorite among kids and if you don't have to worry about peanut butter, peanut butter and marshmallow fluff mixed together makes a tasty dip for apples.
- 15) Have the children mix and form mini meatballs. Have an adult bake them and mix a sauce using GFCF barbeque sauce and grape jelly then simmer the meatballs in the sauce and the kids can skewer them along with a piece of pineapple. These are delicious.
- 16) Also they can make "slush cuppies" by mixing or even mashing "SLIGHTLY" fresh fruit such as strawberries, cantaloupe, honeydew and blueberries then mixing with ginger ale and lemonade concentrate. Put the mixture in a cup and freeze until desired texture (slush).
- 17) No bake cookies are an option if you have access to a stovetop or microwave. Just make sure your cereal and/or chocolate is GFCF.
- 18) Raisin and nut filled apples baked in a crock-pot.
- 19) They can make their own kabobs with things like chunks of GFCF ham, turkey or salami, cauliflower, cherry tomatoes, mushrooms, strawberries and pineapple chunks.
- 20) GFCF rice cakes spread with marshmallow fluff dabbed with strawberry jam and then drizzled with GFCF chocolate syrup or GFCF rice cakes spread with choice of nut butter and then "decorated" with things like sunflower seeds, pumpkin seeds, cranberries, blueberries, banana slices and raisins.