



Complete Back to School & After School Snacks and Treats

Kebobs Lunchbox

Blueberry Banana Smoothie

Ham & Cheese Kabobs

Cucumbers & Baby Carrots

After-school Treat

No Bake Monster Cookie Energy Bites

Creamy Blueberry Banana Smoothie

Prep time: 3-5 minutes

Total time: 10 minutes

Yield: 2 smoothies

A healthy and delicious blueberry banana smoothie. These smoothies are perfect for busy mornings when trying to rush out the door. They are perfect for breakfast before school or you can send it to school in a thermos. This smoothie provides an excellent source of potassium and calcium. In addition to Vitamin C and Vitamin B6!

Ingredients:

- 2 bananas
- 1 cup of fresh or frozen blueberries
- 2 cups of almond milk
- 2-4 tablespoons of honey, to your taste
- Ice (if using frozen blueberries, you will need less ice)

Instructions:

1. Place all ingredients and only HALF of the milk in a blender and on pulse setting, blend until smooth
2. Taste, if you want to make it sweeter then add more honey and blend again until smooth
3. Pour into a glass or to-go container and enjoy!

Nutrition per 1 serving:

Calories: 222, Total Carbohydrate: 42g, Dietary Fibre: 3.8g, Sugar: 22g, Total fat: 1.7g, Protein: 5.8g, Sodium: 71.8mg, Potassium: 333.8mg, Vitamin D: 12.5%, Calcium: 18.5%



Gluten-free Grilled Cheese Kabobs

A fun twist on the usual sandwich that your kids are sure to love! They are easy to make and a perfect addition to a lunchbox. This version has ham, cheese, gluten-free bread and cherry tomatoes but it's versatile and the ingredients can be substituted for whatever you have in the fridge. Baby carrots and sliced cucumber are added to the box for extra veggies.

Yield: 1 Sandwich

Prep time: 3 minutes

Cook time: 5 minutes

Total time: ~10minutes

Ingredients:

- 2 slices of gluten-free bread
- 2 slices of cheese (I use Colby Jack or Cheddar)
- 1 tbsp of garlic butter or regular butter if you don't have garlic
- 4 slices of deli ham (cut in ½)
- Cherry tomatoes or strawberries, depending on preference

Instructions:

1. Layer cheese in between two slices of gluten-free bread of your choice.
2. Spread softened garlic butter or salted butter on the top side of the sandwich.
3. Melt remaining garlic butter or salted butter on one side of the skillet over medium heat. Place unbuttered bottom of sandwich on the melted butter. Cover pan with a lid. (Steam helps the cheese melt without burning the bread).
4. Remove lid after two minutes to check the bottom of the sandwich to watch for browning. Once brown, flip sandwich over and repeat cooking with lid on until other side is brown as well. Remove from the skillet and place on the cutting board to cool.



5. Once cool, use a knife to cut grilled cheese sandwich into cubes. I cut it into three rows, then cut into about 1" cubes. One sandwich resulted in 14 cubes.
6. To assemble skewers: Alternate grilled cheese cubes with 1/2 slices of deli ham on skewers. Add cherry tomatoes or strawberries at the end(s).
7. Refrigerate or place in lunch bag with ice pack to keep cool until lunch.

TIP: add baby carrots and sliced cucumber to create a well-balanced, nutrient dense lunch that will fuel your children throughout the school day.

Nutrition per 1 Serving:

Calories: 395 calories, Total Carbohydrate: 37g, Dietary Fibre: 11g, Sugar: 4g, Total fat: 18g, Protein: 24g, Sodium: 695mg, Potassium: 178mg, Vitamin A: 34%, Vitamin C: 9%, Calcium: 27%

Modified from: <https://mygluten-freekitchen.com/gluten-free-grilled-cheese-kabobs/>

No Bake Monster Cookie Gluten-Free Energy Bites

Prep time: 10 minutes **Yield: 20 small bites**

These no-bake monster cookie energy bites are easy, fun, healthy and delicious! With natural peanut butter, raw honey and oats they are perfect as an afternoon snack or for a family hike... kids will be super excited about this one! We've added a peanut-free option for your child's lunch box.

Ingredients

- 1 ½ cups gluten-free oats
- ½ cup natural peanut butter (or WOW butter for a nut-free version)
- ⅓ cup honey
- ¼ cup mini M&Ms
- ¼ cup mini chocolate chips
- ½ tsp vanilla extract



Instructions

- Add all ingredients to a medium sized bowl and stir well until everything is combined
- Roll into 1-½" balls by pressing about 1 tablespoon of the mixture together and set them on a silicone baking mat or parchment paper.
- Refrigerate for 20 minutes to help them harden.
- Store the leftovers in a reusable container in the fridge for up to 1 week.

Nutrition per 1 energy bite:

Calories: 96 calories, Total Carbohydrate: 12.6g, Dietary Fibre: 1.4g, Sugar: 7.1g, Total fat: 4.4g, Protein: 3.2g, Sodium: 1.7mg, Potassium: 44.5mg