

Dietitian Tip June
Tuesday 23/20

Healthy Summer **Snacks**

This week marks the official start of summer and hopefully some warm weather to go along with it. As we prepare to enjoy some time outdoors and kids are eager to finish their last day of school, here a few healthy snack ideas to satisfy the whole family this summer.

Frozen Chocolate Peanut Butter Banana Bites

A tasty dessert to keep you cool.

Ingredients

3 medium bananas, ripe
¼ cup natural peanut butter
1 cup dark chocolate chips
2 tsp coconut oil (optional)



Directions

1. Cut the bananas into slices approx ¼ inch thick. Set aside half of them. Place the other half on a parchment lined baking sheet.
2. Heat the peanut butter in the microwave on low for 30-60 seconds, stirring halfway through until the peanut butter is smooth and easy to spread.
3. Spoon about ¼ tsp of the peanut butter onto the bananas that are on the parchment lined pan. Then top with the remaining banana slices to make a sandwich. Place in the freezer for two hours.
4. When the bananas are frozen, you can melt the chocolate in either the microwave or a double broiler. If you are using coconut oil, add to the chocolate before melting. If microwaving, use low/med heat and 30second bursts stirring between until the chocolate is smooth and glossy.
5. Take the banana bites out of the freezer and using two forks dip them individually into the melted chocolate. Roll them around carefully until coated. Then return to the parchment pan and repeat until all banana bites are chocolate covered. For this step you will need to work quickly as you want the bananas to be firm and not mushy when you dip them into the hot chocolate.
6. Return to the freezer until set (about 30minutes). Enjoy!



Find example recipes, and more information on nutrition and healthy eating, at www.grandeprairiepcn.com/resources/dietitiantip

Yogurt Pops

For this recipe you can use different pureed fruits (such as strawberries, raspberries, bananas, pineapple etc) or frozen fruit juice concentrates (grape, orange, apple, etc) to vary the flavours.

Ingredients

1 cup lower fat plain yogurt
 $\frac{3}{4}$ cup frozen juice concentrate, thawed OR
pureed fruit
 $\frac{3}{4}$ cup 2% milk or skim milk

Directions

1. Combine yogurt, fruit juice concentrate (or fruit puree) and milk.
2. Pour into popsicle molds or 7 small paper cups.
3. Freeze until partially frozen.
4. Remove from freezer. If using popsicle molds, insert the tops. If using paper cups, insert wooden sticks.
5. Freeze until firm.
6. If using paper cups, peel off paper cup before serving. Enjoy!

Adapted from www.cookspiration.com



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