

50 Real Food Snacks for Kids



The snacks listed below are the top picks at my house. This list is divided into two sections:

- **Low Prep Snacks** are easy to grab from the fridge or pantry, and can even be assembled by the kids themselves.
- **Make Ahead Snacks** require a bit of upfront prep time by mom or an older sibling, but are then equally easy for kids to grab and go.

Each section includes individual snack ideas plus possible combinations to take the brain work out of snack time.

TRAVEL TIP: Many of the snacks on this list travel pretty well. In fact, I often combine several of these “snacks” to create a [packed lunch](#) or a hearty snack for eating in the car.

BONUS: Check out my top [8 Paleo travel foods](#).

And by the way, these real food snacks for kids are equally great for grownups.

LOW PREP SNACKS

Grab and go for most kids with basic kitchen skills (washing fruit, slicing an apple, slicing cheese, spreading nut butter, etc.). Teach your older kids to use a sharp knife properly; use a nylon knife for younger children.

If you're stuck in a rut, try changing things up! Even switching up the size or shape of fruit, veggies, & cheese can help to prevent snack boredom.

Veggies

- Celery sticks
- Carrot sticks
- Carrot chips or slices
- Pepper strips
- Cucumber slices
- Cherry tomatoes



Fruit

- Apple wedges
- Apple slices
- Applesauce
- Banana sections (long chunks)
- Banana spears (cut vertically)
- Banana slices
- Blueberries
- Strawberries
- Pear slices
- Pear wedges
- Peach slices
- Peach wedges

Cheese & Yogurt

- Raw cheddar slices
- Raw cheddar cubes
- Mozzarella balls
- Yogurt – look for a minimally processed brand, buy it from a farm, or make your own from raw milk

Proteins

- Clean beef sticks – this brand
- Clean deli meat – Applegate Farms
- Hummus – look for a variety with olive oil (not palm or sunflower), or make your own

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Nuts & Seeds

Be sure to soak and dry nuts first in order to neutralize their enzyme inhibitors.

[Find simple instructions for Crispy Nuts at rootsandboots.com.](#)

- Cashews
- Almonds
- Sunflower seeds
- Almond butter
- Peanut butter

Dried Fruit

[Special Occasions]

Dried fruit is higher in sugar content than fresh fruit, so it's best to limit these to rare or special occasions.

- Raisins
- Dried apple rings
- Apple chips
- Banana chips
- Dried apricots
- Dried mango
- Plantain chips

Possible combinations:

1. Celery sticks + nut butter
2. Apple slices + nut butter
3. Apple + nuts
4. Banana + nut butter
5. Banana + nuts
6. Homemade Trailmix: crispy nuts, seeds, raisins, plantain chips
7. Yogurt + berries
8. Hummus + veggies
9. Beef sticks + raw cheese
10. Raw cheddar + sliced apple
11. Clean deli ham + raw cheddar
12. Clean deli ham + sliced avocado

BONUS: Check out my [top 8 Paleo travel foods.](#)

MAKE AHEAD SNACKS

These snacks are pretty simple for kids to grab on their own once you've done the blending, baking, boiling or freezing. Most of them keep well, too, making it possible to prepare a big batch to last for a week or so.

- [Easy Almond Flour Graham Crackers](#)
- [Gummy Treats with Real Fruit](#)
- [Almond Flour Zucchini Muffins](#)
- [Almond Flour Blueberry Muffins](#)
- [Homemade Granola](#)
- [Homemade Nut Crackers](#)
- [Plantain Pancakes](#)
- [Paleo Waffles](#)
- [Sliced Almond Butter Bread](#)
- Hard boiled eggs
- [Guacamole](#) or sliced avocado
- [Popsicles](#)
- Smoothies

Possible combinations:

1. Plantain pancake + nut butter + fruit
2. Waffle + nut butter + fruit
3. Raw cheese + homemade crackers
4. Sliced Almond Butter Bread, toasted + nut butter + sliced fruit
5. Hard boiled egg + [unrefined sea salt](#)
6. Plantain chips + guacamole
7. Homemade granola + apple wedges