

Top 3 Summer Snacks to Make with Kids

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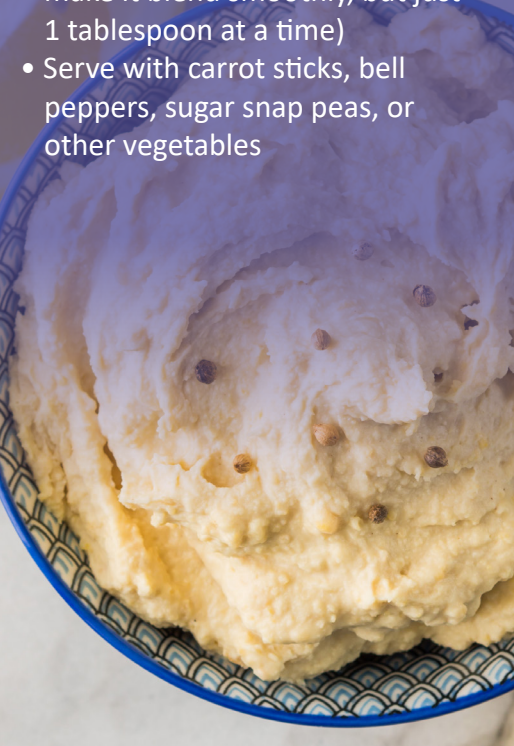
EASY HUMMUS

Ingredients and Materials

- 1 can chickpeas, drained and rinsed
- 1 clove garlic, peeled
- 1 tablespoon tahini (optional)
- Juice from half a lemon
- 1 tablespoon olive oil
- A dash of salt
- Blender or food processor

Instructions

- Add all ingredients to blender or food processor and blend until smooth (add water if needed to make it blend smoothly, but just 1 tablespoon at a time)
- Serve with carrot sticks, bell peppers, sugar snap peas, or other vegetables



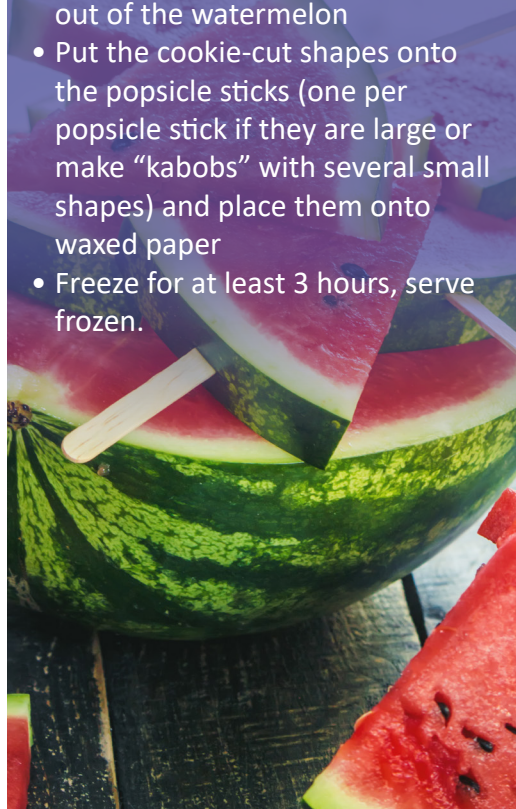
WATERMELON POPSICLES

Ingredients and Materials

- Small watermelon
- Cookie cutters
- Popsicle sticks
- Waxed paper

Instructions

- Cut watermelon in ½ inch rounds (if the watermelon is too big to slice all the way through cut in half and slice half-moon shapes instead)
- Use cookie cutters to cut shapes out of the watermelon
- Put the cookie-cut shapes onto the popsicle sticks (one per popsicle stick if they are large or make “kabobs” with several small shapes) and place them onto waxed paper
- Freeze for at least 3 hours, serve frozen.



GORP

Ingredients and Materials

- 2 cups high-fiber cereal such as multigrain cheerios
- ½ cup lightly salted nuts
- ¼ cup raisins or other dried fruit
- 2-3 tablespoons candy-coated chocolate such as M&Ms (my favorite is peanut butter M&Ms)

Instructions

- Mix all ingredients together in a mixing bowl
- Store in a tightly sealed container to prevent the cereal from getting stale.



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