

Baby snacks

~ No added sugar/sweeteners, no choking hazards

- * Cut pieces of ripe banana, pear, avocado, blueberry, mango, strawberry, grapes, peaches, mandarin oranges
- * Applesauce (look for one where the only ingredient is apples)
- * Beans: black beans, cannellini beans, pinto beans, refried beans
- * Whole wheat bread or toast with a spread of applesauce or mashed avocado or pureed beans (or any pureed baby food) or hummus or peanut butter (if no risk of allergies and OK with pediatrician) or canned pumpkin and a bit of cinnamon
- * Or use mini whole wheat bagels or pita bread instead of bread or toast
- * O cereal (We buy Trader Joe's brand)
- * [Baby banana cookies](#) – just 5 wholesome ingredients
- * Cheese (shredded for little ones, cubes or slices or string cheese when older)
- * Soft fruit bar or Lara bar (make sure there aren't any large nut chunks)
- * Banana slices with peanut butter (I make little sandwiches)
- * Smoothies

Toddler snacks

~ Limited added sugar/sweeteners, no choking hazards

All of the above and also:

- * Raisins (I waited until about 18 months with both of mine; check with your pediatrician) - also dried blueberries, cranberries, apricots and prunes
- * [Trail mix](#)
- * Fruit cups (preferably in 100% fruit juice, not heavy syrup and not no sugar added, which means they used artificial sweeteners)
- * Animal crackers (Trader Joe's has some good ones)
- * Rice cake (made with brown rice) spread with peanut butter and raisins or cream cheese and jam
- * Crackers with spread, such as peanut butter, hummus or a soft cheese
- * Fruit leathers (we buy ours at Trader Joe's)
- * Edamame
- * [Blueberry oat cookies](#)
- * Whole wheat wrap spread with peanut butter or hummus or guacamole - can fold it over or roll it up and cut it into slices

Preschool snacks

~ Healthy but sometimes more indulgent

All of the above and also:

- * Mini muffins (such as [spinach-banana mini muffins](#))
- * Popcorn (topped with regular butter and a little salt, or with Parmesan cheese or even a butter/honey/cinnamon mix)
- * Smoothies or popsicles (I make ours from our [fruit mixes for yogurt](#))
- * Pudding
- * [5-ingredient granola](#)
- * Wraps with peanut butter and a drizzle of honey or a few mini chocolate chips
- * [Banana oat cookies](#)
- * Pumpkin yogurt snack cake
- * [5-minute granola bites](#)
- * [10-minute chocolate cookie balls](#)
- * [Whole grain blueberry yogurt bread](#)
- * [Whole wheat chocolate chip zucchini bread](#)