

A perfect on-the-go snack your kids will love are these DIY “go-gurt” snacks. The best part is, you can hide veggies in them and they are lower in sugar than pre-packaged varieties of yogurt. Below are a couple of recipes to try!

Hidden Veggie Go Gurt



Peach with hidden carrots

- 1 ½ cups plain yogurt (may use Greek)
- 1 carrot, peeled and cut
- 2 peaches
- 1 T. honey (or your choice of sweetener)

Strawberry-Blueberry Banana with hidden spinach

- 1 cup plain yogurt (may use Greek)
- ½ cup fresh spinach
- ¾ cup of berries
- 1 banana

Directions:

1. Blend all ingredients in blender until smooth. Then use a funnel to get the mixture into the yogurt pouches. Enjoy!

With summer in full swing, there are many travelers on the road. Traveling to amusement parks, the lake, or visiting friends and family all sounds fun, but there can be food or nutrition challenges for those who wish to eat healthy when on the road, especially with kids. Logging long miles in the car may have your kids asking for snacks to ease boredom. To limit boredom-snacking, be sure there are plenty of activities available including games, music, videos, coloring books and more. Also, before you head out the door, having a plan on when and where you will eat for longer trips can help with sticking to your normal eating schedule. Enjoying a combination of restaurant meals and packed foods helps to save money while providing good nutrition. Be sure to keep perishable items in a cooler with ice, to avoid anyone getting sick.

Some travel-friendly foods include:

- Cheese sticks
- Sliced bell peppers or cucumbers or other easy-to-eat veggies
- Applesauce or fruit pouches
- Popcorn
- Trail mix
- Peanut butter sandwiches
- Whole-grain crackers
- 100% fruit or vegetable juice
- Water

Following these tips will help ensure a healthy and safe summer trip. Happy travels!!