

Bagel Snake

You will need:

- 1 whole wheat mini-bagel
- Tuna Salad
- Sliced cherry tomatoes
- Olive

Directions:

1. Slice each half of the mini-bagel in half, so you have 4 pieces
2. Top bagels with tuna salad
3. Use cherry tomatoes for decorations and an olive for the eye
4. Arrange the half circles to form the body of the snake
5. Store any leftovers in the Smart Steps Snack Stackers for a tasty treat for your toddler later.



Happy Face Sandwiches

You will need:

- Slice of whole wheat bread
- Peanut butter
- Apple
- Raisins

Directions:

1. Spread peanut butter over bread, which can be toasted for added texture
2. Place raisins for eyes and nose
3. Cut an apple slice for the mouth

Tip: Get your toddler involved. Let them pick out the fruits for the eyes and mouth. A variety of fruits can be used depending on your toddler's preferences.



Fun Fruit Smoothies

You will need:

- Frozen or fresh fruit
- Fat-free yogurt
- Skim milk

Directions:

1. Blend together fruit, yogurt and milk
2. Pour appropriate portion into child's cup
3. Serve to your toddler in the Smart Steps Insulated Cup to keep the smoothie cooler longer

Tip: Place extra fruit in the Smart Steps Snack Stackers to persuade your toddler to try new fruits.

