

Healthy Valentine's Day Snacks

Try these healthy snacks at Valentine's Day parties, or in a lunch to fill your heart with nutritious treats!

Cupid's Strawberry Heart

Ingredients:

- Strawberries
- Vanilla yogurt

Instructions:

1. Wash and cut stems from strawberries.
2. Dip strawberries (halved or whole) in yogurt. Put strawberries on a sheet pan lined with parchment or wax paper. Freeze until yogurt hardens.



Adapted from

<http://sixinthesuburbsblog.blogspot.ca/search/label/healthy%20options>

Mini Heart Shaped Strawberry Sandwiches

Ingredients:

- 100% whole wheat bread
- Vanilla yogurt
- Strawberries

Instructions:

1. Wash and cut stems from strawberries.
2. Cut bread into small heart shaped pieces using a heart shaped cookie cutter and cut strawberries in half.
3. Place approximately 1-2 tsp. of yogurt on bread and top with strawberries.



Adapted from <http://parentables.howstuffworks.com/chow/healthy-valentines-day-snacks-kids.html>

Cupid's Fruit Arrow

Ingredients:

- Kiwi
- Strawberries
- Grapes
- Banana
- Peaches



Instructions:

1. Cut fruit into small bit sized pieces.
2. Tape or glue feather to one end of the bamboo skewer to imitate an arrow.
3. Using the end without feathers attached, pierce the bit sized fruit with the skewer until there are at least 6 pieces of fruit on the arrow and enjoy!

Adapted from <http://parentables.howstuffworks.com/chow/healthy-valentines-day-snacks-kids.html>

Eat Your Heart Out

Ingredients:

- Various vegetables and fruit

Instructions:

1. Using a small heart shaped cookie cutter, see how many different healthy foods you can create! Carrots, kiwi, pineapple, whole wheat bread, apples, bell peppers are a few good examples.



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