



THE AVOCADO MAMA

HEALTHY  
SNACKS  
FOR KIDS

\*RECIPES\*

BY JENNIFER GLOODT

# QUACAMOLE

Serves 2-3

## Ingredients:

2 ripe avocados

1 small garlic clove, crushed

Juice from 1/2 lemon

Optional: diced tomatoes, diced onion, chopped cilantro, sea salt (you may omit the garlic if your child prefers a milder flavor)

Serve with chopped vegetables of choice- Peeled and sliced cucumber, carrot sticks, celery, red pepper, cherry tomatoes...

## Directions:

Slice avocado and remove pit.

Mash avocado in a small bowl with a fork or avocado masher.

Crush garlic and squeeze lemon juice onto avocado.

Add any of the optional ingredients.

Mix gently and serve

# FRUIT WITH NUT DIP

## Ingredients:

Apple slices and/or strawberries, halved or quartered

Almond butter, peanut butter, or sunflower seed butter

Sweetener: dates (soaked), maple syrup, or coconut nectar

Water

## Directions:

Combine nut butter, sweetener, and small amount of water to thin.

Stir with spoon or fork.

Serve with fruit for dipping.

# BANANA ICE CREAM

## Ingredients

Bananas, ripe

Optional ingredients: carob powder or unsweetened cocoa powder, other frozen fruit- peaches, berries, pineapple...

## Directions

Peel bananas, break into two or three pieces, and place in a freezer bag or covered baking dish.

Freeze overnight.

After freezing, remove from freezer, and let bananas sit for 5-10 minutes.

Place bananas in food processor or slow juicer fitted with a blank homogenizing plate. Process until smooth.

Serve as is, or add optional ingredients. If using other frozen fruit, add along with bananas before processing. You may also sprinkle frozen or fresh berries and nuts or hemp seeds on top of the banana ice cream before serving.

# DATE NUT BITES

6-12 Servings

## Ingredients

2 cups nuts- Almonds, walnuts, cashews and sunflower seeds

6-8 soft Medjool dates (or 3-4 coconut-date rolls)

## Directions

Grind nuts and seeds in coffee grinder or high-speed blender.

Walnuts are easier to break down by placing in a Ziploc bag, and crushing with a wooden spoon.

Knead the dates into the nut mixture, and form mixture into bite-size balls.

# HUMMUS

## Ingredients

4 cups cooked garbanzo beans (or 2 cans, drained and rinsed)

1 clove garlic, peeled

1/2 cup lemon juice

1/4-1/2 cup water

4 Tbsp tahini

1 tsp cumin

Dash of cayenne pepper, optional

## Directions

In a food processor fitted with the s-blade, grind garbanzo beans and garlic. Scrape down sides of bowl until mostly ground. Add lemon juice and water with machine running. Scrape sides of bowl if necessary. Add tahini, cumin, and cayenne pepper, if using, and process until smooth.

Serve with sliced vegetables- carrots, celery, cherry tomatoes, cucumbers, peapods, peppers...

You may also spread hummus onto a tortilla, add sliced vegetables, and roll up for a tasty wrap!

I hope you will enjoy these deliciously simple health-promoting recipes.

For more recipes, plant-based lifestyle coaching, healthy living tips, and upcoming classes, visit The Avocado Mama blog and website at:

[www.avocadomama.com](http://www.avocadomama.com)

Peace and vibrant health,  
Jennifer Gloodt