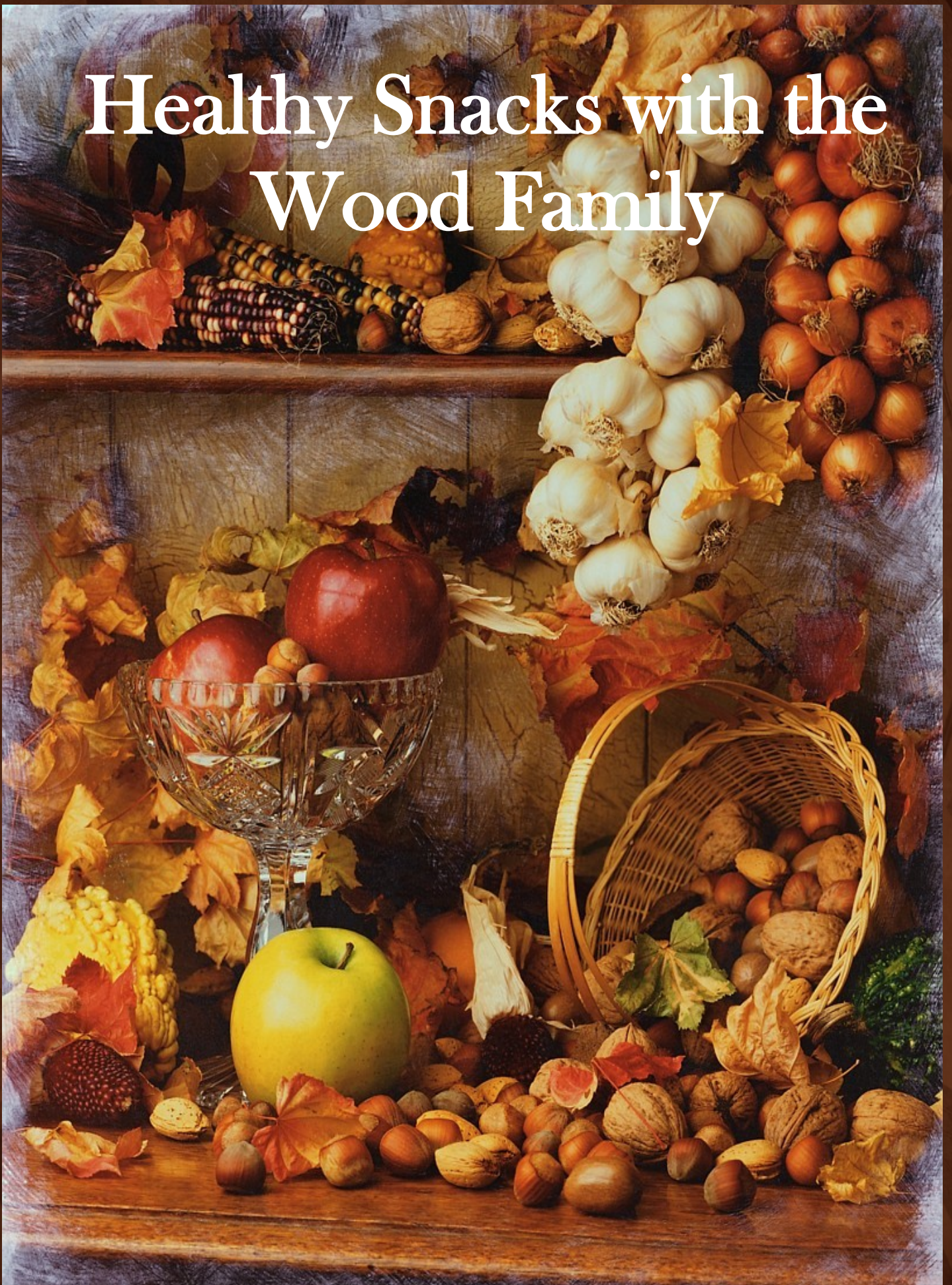


# Healthy Snacks with the Wood Family





## ***“Snack Time!!!!”***

The best part about having a large family is that I have learned is that meal/snack time doesn't have to be difficult. It is so much fun to come up with a beautiful, easy AND healthy ways to feed my family.

One way that my mother, Mrs. Joseph Wood, has made snack time easy and healthy is by having bowls of food set out for us children to snack on throughout the day. When we start breakfast, lunch or dinner we will put the bowls of snack food away and then set them back out after the meal has been finished and the kitchen cleaned. We do a variety of things. Everyday is something different. One day might be fresh fruit (oranges, peaches, pears, apples, bananas etc.) while another day might be mixed nuts (almonds, walnuts, pumpkin seeds, sunflower seeds etc.). Some days we will do something special like a favorite beverages with a fruit and vegetable tray and ranch dressing for dip. I have made a weekly calendar for you to get some ideas from (located at the end of the PDF). Snack time is only as difficult as you make it to be.

### **Ants on a Log**

1 stalk Organic Celery  
Creamy Peanut Butter  
1 cup Chocolate chips and/or Raisins

Clean and chop celery sticks, we like 4 inch long sticks best. Then take your peanut butter and spread on sticks then sprinkle the raisins or chocolate chips and TADA! Simple, fun, and easy!



### ***Quick Tip:***

My mother, Mrs. Joseph Wood, is a firm believer that if we set out different healthy choices for our children to eat that as long as they are healthy children they will only eat what they need. We have 13 (often more like 14 or 15) different people in our home with 13 different appetites and to date this has proven to be true.

### **Sunflower Seeds and Raisins**

1 cup Organic Sunflower seeds  
1/2 Organic Raisins

Simply mix together and set out in a bowl for the children to snack on throughout that day. It is a wonderful snack and keeps them all quite content!

### **Homemade Chocolate Syrup**

1 cup of organic Chocolate Chips  
1/2 cup Raw butter  
1/4 cup Raw Milk  
1/4 cup Organic Unsweetened Cocoa Powder

Mix together over medium low heat. This is great for dipping apples in!

### **Homemade Caramel Syrup**

1 cups organic Brown sugar  
1/2 cup Raw Butter  
1/4 cup Raw Milk  
Tsp. of Organic Maple syrup -optional

Add all ingredients into pan and bring to a boil. Let it boil until frothy. Now wait for it to cool a little and then use for dipping sauce. If you want your sauce to be thicker simply boil longer.

### **Apple Nachos**

4 organic large Apples  
1 cup Homemade Caramel Syrup  
1 cup Homemade Chocolate Syrup  
1/2 cup chopped Walnuts or other nuts of your choice

Slice apples and arrange on tray (a tray with a lip works best). Drizzle caramel and chocolate over the apples then sprinkle nuts on the top and enjoy! It is truly delicious.

*~ Proverbs 14:1 ~*

*Every wise woman buildeth her house: but the foolish plucketh it down with her hands.*



## Snack Time Schedule



Sunday	Organic fruit or veggie tray (celery sticks, carrots, broccoli, cauliflower, these are all wonderful on veggie trays) with homemade dipping sauce.
Monday	Nuts (try mixing some sunflower seeds with raisins for a fun twist on snack time). Almonds, walnuts, pumpkin seeds, sunflower seeds, etc. are all great!
Tuesday	Sliced Organic Apples (make sure to put a little lemon water on them to keep from browning) with Organic Peanut butter or homemade Caramel sauce.
Wednesday	Homemade cheese sticks with favorite brand of crackers.
Thursday	Dried fruit (apple chips, raisins, cranberries, and apricots are all favorites in the Wood home).
Friday	Meat and Cheese tray with possible vegetable.
Saturday	Apple Nachos