

Valentine's Day Snack Mix

Try this quick, healthy snack at home or for your child's Valentine's Day party. The heart-shaped cereal makes it cute and fun to munch! Feel free to change ingredients to whatever you have on hand.

Makes 15 servings (1 cup each)

- 10 cups popped popcorn
- 2 cups pretzel sticks
- 2 cups heart-shaped cereal
- 1/2 cup dried cranberries
- 1/2 cup chocolate chips

1. Stir together.
2. Store in an airtight container.



Note: This snack is intended for children over age two. Do not serve to younger children who may be at risk for choking.

Other ideas for fun, healthy snacks on Valentine's Day:

- ♥ Use heart shapes! Cookie cutters or a steady knife can create heart-shaped toast, pancakes or English muffins. Top with peanut butter and red jam or jelly.
- ♥ Yogurt parfait with yogurt, a red fruit (raspberries, watermelon, red apples, etc.) sprinkled with granola or your favorite cereal.
- ♥ Heart-shaped pizza - shape pizza dough or bread dough into a heart. Spread with your favorite tomato pizza sauce. Add your choice of toppings.

Questions?? - Contact author Cami Wells, MS, RD at cwells2@unl.edu. For more information check out the Food Fun for Young Children website at <http://food.unl.edu/web/fnh/food-fun-for-young-children>.