



## Valentine's Day Snack Ideas

Article written by Cami Wells, MS, RD ([cami.wells@unl.edu](mailto:cami.wells@unl.edu))  
Extension Educator in Hall County.

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.



### Valentine's Day Snack Mix

- 2 cups pretzels
- 2 cups heart-shaped cereal
- 1 cup freeze-dried strawberries
- 1/2 cup chocolate chips



1. Wash hands with soap and water. Stir together.

2. Store in an airtight container.

*Makes 11 servings (1/2 cup each). Each serving contains 118 calories, 4 g fat, 21 g carbohydrate, 2 g fiber and 132 mg sodium.*

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

For more information check out the Food Fun for Young Children Newsletter at: <http://go.unl.edu/youngchildren>

### 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.