

Snacks for kids

Gluten free

Raspberry Tapioca Pudding

- 1 cup of raspberries, frozen
- 1/3 cup of agave syrup
- 2 cups of almond milk
- 1/3 cup small tapioca pearls
- 1 can of coconut milk (13 oz can)
- 1 pinch of salt



Procedure:

1. In a medium-sized, heavy-bottom saucepan, place tapioca pearls in 1 cup of the almond milk. Cover with a plate or dish towel and soak overnight (or at least four hours) at room temperature.
2. In the morning, add the second cup of almond milk. Bring the tapioca/milk mixture to a boil over medium heat, then add the coconut milk and agave. Turn heat down to medium-low and let simmer, stirring slowly and continuously, for about 10 minutes. Add the raspberries and salt and cook and stir for another 5 minutes. As the raspberries soften, use a wooden spoon to crush them up a bit against the sides of the pan. Remove from heat.
3. Transfer to a bowl and cover with plastic wrap; chill in the refrigerator for an hour before serving.

Homemade Trail Mix

In a bowl mix:

- 1/2 cup of peanuts
- 1/2 cup of popcorn (air popped or light butter)
- 1/2 cup of gluten free pretzels



Fruit Pops

Blend the following:

- 1 can (12oz) of pineapple with juice
- 1 banana
- 1 can (12oz) coconut milk
- 1/2 tsp vanilla
- Put into freezer molds and freeze until solid



Baked Maple Bananas

- 1 tablespoon butter
- 2 tablespoons maple syrup
- 4 bananas, peeled and cut into pieces or sliced lengthwise
- 1 teaspoon lemon juice
- 1/2 teaspoon cinnamon



Procedure:

1. Preheat oven to 400 degrees.
2. In an 8x8 inch pyrex dish combine the butter and maple syrup.
3. Melt the butter and maple syrup in the microwave or oven.
4. Add the lemon juice and cinnamon and stir to combine.
5. Gently toss the bananas in the liquid mixture to coat.
6. Bake for 20-25 minutes or until bubbly and golden brown.
7. Serve.