

It's OK to play
with your food



By Janie Atwood
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Moore Family
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2022



Kid Friendly
Plant-Based Snacks

Celery Insects

Celery is mostly water, but also provides fiber and antioxidants and is a good low-Calorie snack.



Ingredients

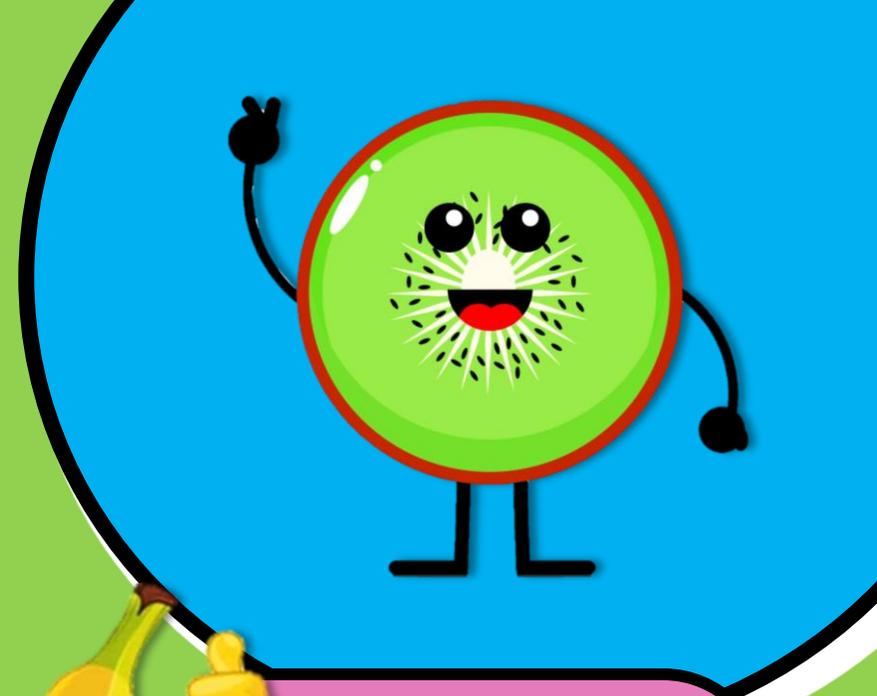
- 2 med ribs Celery
- 1/3 Cup peanut butter
- 12 tiny pretzel twists
- 12 mini chocolate chips
- 18 dried Cranberries

Directions

- 1 Cut each celery rib into thirds. Fill centers with peanut butter.
- 2 Carefully break bottom loop off each pretzel twist. Insert 2 broken pieces next to each other at one end of each piece of celery to resemble antennae. Place 2 mini morsels under pretzels on each piece of celery to resemble eyes.
- 3 Place the remaining pretzel pieces behind the antennae to resemble wings. Arrange 3 dried Cranberries between the wings.

Frozen Fruit Kabobs

theotttoolbox.com



Ingredients

Choose your fruit:

Kiwi

Strawberry

Banana

Watermelon

Grapes

Mango

Skewers:

Craft sticks or
kabob skewers

You can use any fruit
that you like!



What to do

Slice and wash fruit
(peel if necessary).

For skewering, place
fruit flat on cutting
board and poke the
stick through
the center.

Freeze until firm.

Vegan Zucchini Pizza Bites

Eatingbyelaine.com

Instructions

Preheat oven to 500°F.
Line 2 baking sheets with parchment paper and set aside.

Slice the zucchini into ½-inch rounds.
Place them on the lined baking sheets.
Zucchini rounds should not be touching.

Add 1 teaspoon of marinara or pizza sauce
on top of each zucchini round.

Add 1 teaspoon of cheese in the center
of the zucchini rounds. Sprinkle lightly with
salt and pepper. Add desired toppings.

Bake for 7 minutes watching closely
to ensure the cheese does not burn.
Remove from oven when cheese is
golden brown and bubbly.

Zucchini is an excellent
source of fiber,
vitamin C and potassium.



Ingredients

1 large zucchini
2/3 cup marinara sauce
(1 tsp per pizza bite)
vegan mozzarella
Salt and pepper to taste
Desired toppings



Peanut Butter Energy Balls

chefsavvy.com

Instructions

Combine all ingredients in a medium bowl and mix.

Chill in the refrigerator for 15-30 minutes.

Roll into bite-sized balls.
Yields 12 bites.

Store unused bites in the refrigerator for up to a week.

I'm peanut butter and I'm a great source of plant-based protein and healthy fats!

Ingredients

2/3 cup creamy peanut butter or your favorite nut butter like cashew, almond or tahini (sesame butter)

1/2 cup semi sweet chocolate chips

1 cup uncooked rolled oats

1/2 cup ground flax seed

2 Tbsp honey



Check out
these recipes!



Sandwich Kebabs

Eatsamazing.co.uk



Veggie Hummus Wrap

Eatsomethingvegan.com



Chips and Guacamole

Downshiftology.com



Peanut Butter Apple Nachos

Delish.com

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