

Easy Batch Make Snacks for Kids

These 5 kid-approved recipes are simple, fun to make, and perfect for batch prepping. Store them for up to a week and enjoy lunchbox wins, after-school bites, or family snack time!

1. Chewy Granola Bars

Ingredients:

- 2 cups rolled oats
- 1 cup honey or maple syrup
- ½ cup nut butter (or sunflower butter for nut-free)
- ½ cup dried fruit or chocolate chips

Instructions:

- Toast oats lightly in a pan (optional).
- Warm honey and nut butter until smooth, then mix with oats.
- Fold in dried fruit or chocolate.
- Press into a lined pan and refrigerate until firm.
- Cut into bars and store in an airtight container.

2. Oat Cookies

Ingredients:

- 2 ripe bananas (mashed)
- 2 cups rolled oats
- ½ cup raisins or chocolate chips
- 1 tsp cinnamon

Instructions:

- Preheat oven to 180°C (350°F).
- Mix mashed bananas, oats, raisins, and cinnamon.
- Spoon onto baking sheet and flatten slightly.
- Bake 12–15 minutes until golden.
- Cool and store in airtight tin for up to a week.

3. Cheesy Veggie Muffins

Ingredients:

- 1 cup grated carrot or zucchini
- 1 cup grated cheese
- 2 eggs
- 1 cup flour (plain or wholemeal)
- ½ cup milk
- 1 tsp baking powder

Instructions:

- Preheat oven to 180°C (350°F).
- Mix eggs, milk, and cheese. Add grated veggies.
- Stir in flour and baking powder until combined.
- Spoon into muffin tin and bake for 20 minutes.
- Cool and store in fridge up to 5 days.

4. No-Bake Energy Balls

Ingredients:

- 1 cup oats
- ½ cup nut butter (or sunflower butter)
- ¼ cup honey
- ¼ cup chocolate chips or dried fruit

Instructions:

- Mix all ingredients in a bowl until sticky.
- Roll into small balls.
- Refrigerate for at least 30 minutes before eating.
- Store in fridge up to 1 week.

5. Homemade Veggie Chips

Ingredients:

- 2 large sweet potatoes, carrots, or beets
- 2 tbsp olive oil
- Pinch of salt

Instructions:

- Preheat oven to 160°C (320°F).
- Thinly slice veggies with a sharp knife or mandolin.
- Toss with olive oil and a pinch of salt.
- Spread on baking sheet in a single layer.
- Bake 20–25 minutes, flipping halfway, until crisp.
- Cool and store in airtight tin for up to a week.