

DELICIOUS BEFORE AND AFTER SCHOOL SNACK IDEAS - ANJANETTE YOUNG

As a Mom of 6 kids, I have found making healthy snacks is a daily event. Two times a day the kids are at their most hungry and ready to eat; before and after school. Thank you to Santa Cruz Organics and Womensforum for sponsoring this post, as always, my opinions are my own.



I'm sharing with you some snack ideas I like to make for the kids. For whatever reason, the kids wake up

pretty hungry and come home ravenous. Most of the time they are pretty happy with the basic peanut butter and jelly, but I like to change it up with different flavors or different snack ideas altogether.



How about dark roasted peanut butter and mango fruit spread sandwiches cut into cute bite-size snacks. I know it is simple but they loved the flavors.



Santa Cruz Organic has many different flavors of fruit spreads and apple sauces. The Santa Cruz dark roasted peanut butter comes in crunchy and creamy, take a peak when you visit Target next. In today's post, I'm using creamy dark roasted peanut butter and mango fruit spread.

After school, my kiddos also love peanut butter or fruit spread on a toasted english muffin. As an added plus i'll even add banana slices. These snacks are all pretty simple to make and allows me the time to help all four girls with their homework and make dinner before the get hungry again.

Now for a special treat, a recipe for Short Bread cookies filled with mango spread.

Mango Shortbread Cookies

Ingredients:

1 cup soften butter
1/2 cup sugar
1/2 cup brown sugar
1 egg yolk
3 tbsp milk
2 tsp vanilla
2 2/3 cups flour
2 tsp cream of tartar
1 tsp baking soda
1 tsp salt
1/2 c Santa Cruz Organic Mango Spread
1 egg (for egg wash)
2 tbsp turbinado sugar (sprinkle on cookies)

I am making these cookies gluten-free for my oldest daughter to enjoy. If you would like to do this just substitute the regular flour with gluten-free flour.

Directions:

1. Cream together butter and sugars.
2. Mix in egg yolk, milk, vanilla.
3. In a separate bowl mix flour, cream of tartar, baking soda, and salt.
4. Slowly mix in dry ingredients to the wet.
5. Once combined cover and let sit in the refrigerator for at least an hour.
6. After the Cookie dough has rested, roll out onto a floured surface.
7. Cut into equal squares leaving one half with an extra square cut out.
8. Place squares cookie sheet an inch apart.
9. Add a teaspoon of Santa Cruz Organic Mango Fruit Spread on the the bottom cookie.



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10. Spread the mango evenly, stopping short of the edges.
11. Add top cookie pressing down around the window.

12. Coat with egg wash and sprinkle with turbinado sugar.



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13. Bake at 350 degrees for 10 minutes.

This short bread cookie recipe was easy to make and the kids loved them. I also loved that I made it for them. If your not into mango, there are several other flavors to try like Blackberry Pom, Strawberry, or Seedless Raspberry. Pick up some Santa Cruz spreads and more with Target's 25% off Cartwheel offer, good until 2/24!



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Do you have a before or after school snacks you like to make, share with us?