Little Chefs, Big Lessons: Creating Nutritious Treats as a Family

HEALTH AND WELLNESS

Fall Healthy Snack Recipe

Apple Cinnamon Oat Bites

Ingredients:

- 1 ½ cups old-fashioned oats
- ½ cup natural peanut butter or almond butter
- ¼ cup honey or pure maple syrup
- ½ cup unsweetened applesauce
- ½ cup finely chopped apples (Honeycrisp or Gala work well)
- 1 tsp cinnamon
- ½ tsp vanilla extract
- Optional: 2 tbsp raisins or mini dark chocolate chips

Directions:

1. Combine oats, cinnamon, and chopped apples in a large bowl.
2. Add peanut butter, honey, applesauce, and vanilla extract. Mix until all ingredients are well combined.
3. Chill the mixture in the refrigerator for 15–20 minutes so it's easier to handle.
4. Roll into 1-inch balls. Kids love helping with this part!
5. Store in an airtight container in the refrigerator for up to one week

■ **Tip:** Pair with warm apple cider or low-fat milk for a perfect after-school or fall festival snack.

Creating healthy treats with your children is more than just a fun family activity—it's an opportunity to teach lifelong habits that support wellness and smart nutrition. At Pierce Terrace Elementary School (PTES), we encourage parents to use cooking time as a hands-on lesson in healthy eating. When children help prepare nutritious snacks and meals, they become more curious about the foods they eat and are more likely to make balanced choices on their own. These shared moments also strengthen family bonds, build confidence, and promote communication, all while reinforcing the school's commitment to overall health and wellness. Together, families can turn simple recipes into meaningful lessons that nurture both the body and the heart.

Pierce Terrace Elementary
Building Wellness,
One Bite at a Time!