

Tasty Homemade Snacks For Teens



Make a quick and healthy grilled apple and cheese sandwich with whole-grain bread, nutritious apple, and tasty cheese.

Enjoy the goodness of whole-wheat pita bread and nutritious chickpeas with delicious hummus with pita chips.



Bake a batch of tasty and healthy kale chips from kale leaves at home.

Prepare a pack of protein-rich granola bars at home to satisfy your teen's random cravings.



Toss some healthy veggies and tofu in sesame and olive oil and serve the delicious tofu and vegetable stir fry seasoned with some salt and pepper.

Prepare sweet potatoes in an interesting way as sweet potato fries with ketchup.

