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# THE **CrossFit***kitchen*

## K I D S

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Sweet Cheeks Headquarters

### MUNCHKIN MUNCHIES

by [Sweet Cheeks Headquarters](#)

#### overview

"Daaad, I'm hungry! Mooom, when's dinner ready?" How many times have you heard that? Satisfy their munchies with crunchies! A mouthful of carrot and coconut is a delightful combination and will take your little munchkins a while to chomp through.

#### blocks

1 carbohydrate block

2 fat blocks

#### ingredients

- 1 cup chopped carrots
- 1 tbs. shredded coconut

#### Notes

Serve with one rolled-up slice of turkey breast for 1 protein block.

#### directions

1. Place coconut in the center of the plate. Surround with carrot sticks.

