
THE **CrossFit** *kitchen*

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Sweet Cheeks Headquarters

HANDY SNACKS

by Shirley Brown and Alyssa Dazet
Sweet Cheeks Headquarters

overview

Everyone loves eating foods with fingers, right? This snack is as easy to make as it is to eat, and involving the kids with the preparation makes them even more excited to eat it. Have the kids roll up the snacks and use leftover roasted, steamed or sautéed vegetables—or cook up a new batch.

Makes one serving

blocks

½ carbohydrate block

1 protein block

1 fat block

ingredients

1 ounce deli-sliced turkey breast

2-3 asparagus spears

⅓ red bell pepper

⅓ tsp. olive oil

Salt and pepper to taste

notes

The carbohydrates used in the handy snack roll are low-density carbs. If your snack needs more carbohydrates, you can stuff the turkey with more asparagus and peppers or serve it with apple slices to balance the snack.

directions

1. Preheat oven to 400 degrees.
2. Wash and dry asparagus and red pepper.
3. Trim base off asparagus and cut pepper into thin strips.
4. Coat asparagus and red peppers with ⅓ tsp. olive oil. Add salt and pepper to taste.
5. Spread vegetables evenly on cookie sheet and bake for 10-15 minutes or until soft. Remove and let cool.
6. Take 1 piece of turkey and roll 2-3 spears of asparagus and a portion of bell peppers inside. Cut in half and serve.

