

# My FAVORITE On The Go Snacks for Kids (Day Trips)

It is no secret that one of the best ways to help outings with little kids go waaaaay smoother is to make sure you have some great snacks. We have learned this to be true as we have been out and about with our 2 little boys.

Here are some of my favorite cost effective snacks that you can bring next time you and your family are on the go!

## Reusable pouches:

- **Leftover smoothie:** Next time you make a smoothie, use the last bit of it to fill up some reusable food pouches, stick them in the freezer, and you will have the perfect snack to grab on your way out the door! Trust me, your future self will thank you :)
- **Protein Applesauce:** My boys Love applesauce, but they will eat it in .02 seconds and still be super hungry..... Adding some protein will help making your applesauce way more filling! Here are our favorite things to add (you can add all or pick and choose):
  - a. Chia seeds
  - b. Hemp hearts
  - c. Protein powder
  - d. Peanut butter
  - e. Oatmeal cereal (more for babies)
- **Protein Yogurt:** This one is similar to the applesauce. Kids love it! But they will eat like 5 pouches and still want more. We like to add the same things as the applesauce to the yogurt too:
  - a. Chia seeds
  - b. Hemp hearts
  - c. Protein powder
  - d. Peanut butter
  - e. Oatmeal cereal (more for babies)

## Pancakes:

- You might be wondering why we added pancakes to this list, but honestly they have been life savers! Make pancakes for breakfast, grab the extra, put them in a little bag, and you are good to go! We like to add extra eggs and protein powder to our pancakes to make them more filling. Mashed bananas can be a fun add in too! My kids love these! Don't knock it till you try it!  
(Recipe at the end)

## The Basics:

- Then there are just the good ol' fashioned basics that you can just grab and go. Here are some of our favorite cost effective staple snacks:
  - Sliced Apples (cutting them like french fries is great for littles)
  - Sliced Cucumbers (peel off some of the skin if need be)
  - Cheese Sticks
  - Cuties
  - Crackers
  - Homemade Sourdough Bread slices (regular bread slices are great too)
    - These could also be turned into PB & Honey sandwiches

There are definitely way more snacks that we bring at different times, but these are the main ones we rotate between when we go out for **day trips**. We try to stay away from really sugary and highly processed on the go snacks mostly because they are expensive and can lead to unnecessary spikes in blood sugar. Aka. tantrums :)

Hopefully this gives you a bit of a confidence boost to take that day trip to the zoo, plan a family camping overnighiter, or simply go on a walk at a local park. As always, I am cheering you on!

**We've Got You - Now Go!**

*Love, Emma - WanderJoy <3*

## Our Easy Pancake Recipe:

Just mix, cook, & enjoy! (mix till combined, try not to over mix)

1 cup milk  
1-1.5 cup flour  
1 Tbsp baking powder  
1 tsp vanilla  
½ cup melted butter  
½ tsp salt  
4 eggs  
1 Tbsp honey  
2 scoops of your favorite protein powder (optional)  
¼ cup sourdough discard (optional)