

Savory and Healthy Snacks For Kiddos This Season

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Gingerbread houses, candy canes, and other sugar-filled sweets can put a smile on baby's face, but they may not have such a sweet effect on her teeth. Instead of loading your tots up on sugary snacks, treat them to these tasty yet healthy alternatives.

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Peas of Mind

If baby doesn't appreciate veggies in their natural form, give Peas of Mind a try. The baked vegetable fries (carrot, sweet potatoes, broccoll and cauliflower) are made from real veggies and are high in vitamins. Bake the frozen sticks for a few minutes and add some dipping sauce for a snack or a yummy dinner side dish. For picky eaters, these treats are fat, gluten, dairy, and soy free. Hooray for vegans!