

# SNACKS



Day 1 Water:

## Apple Boats and Ocean Water

**Apple Boats:** slice apples into 1/4ths, next add a sail using a paper triangle and toothpicks. Stick sail into the meat portion of the fruit. The skin should be the bottom and outside body of the boat.

**Ocean Water:** Mix equal parts white grape juice and sparkling water with a dash of blue food coloring.



Day 2 Soil:

## Dirt Cake Cups

In small punch cups layer the following ingredients in this order:

Vanilla Pudding or Yogurt

Finely Crumbled Oreos or Chocolate Graham Crackers  
(use gluten free if needed)

Top with small fruit such as whole strawberries or blueberries,  
a sprig of mint, or a gummy worm.



## Day 3 Seeds: Seed Dippers

### Apples Slices

Dips such as chocolate, hazelnut spread, cream cheese spread  
Seeds such as sunflower seeds, pumpkin seeds, poppy seeds.

Allow kids to dip apple slices into the dips, then top with a sprinkle of the seeds.



## Day 4 Animals: Animal Cracker Safari

In a small clear punch cup layer - yogurt, sliced bananas, and granola.  
Top each cup with a few Animal Crackers standing up. If you have a small group you might invite the kids to help make their own.

For more snack ideas visit our Pinterest Board - **Abundant Life Garden VBS Snack Ideas**



## Day 5 Harvest: Veggie Pizza

### Ingredients:

2 cans Refrigerated Crescent Rolls  
8 oz softened Cream Cheese  
16 oz Sour Cream  
1 packet (1/3 cup) dry  
Ranch Dressing mix  
1/2 cup Broccoli florets  
1/3 cup Cucumber slices  
(cut in quarters)  
8 chopped Cherry Tomatoes  
1/4 cup shredded Carrots

### Directions:

Heat oven to 375.  
Unroll both cans of crescent rolls and press dough into bottom and sides of ungreased raised edge baking sheet or jelly roll pan, Bake 10-15 minutes until lightly browned and cool completely. Next, mix together cream cheese, sour cream and dressing mix until blended. Spread mixture over crust. Refrigerate until ready to serve. Slice into child size portions, and allow kids to decorate with vegetables.