A MY CLEAN BOWL MINI-COOKBOOK

5 Kid-Safe Snacks Kids Actually Love

Nut-free · gluten-free · school-safe — and genuinely tasty

By Janet Marris · mycleanbowl.com

> Every snack here is **peanut & tree-nut free** and works for a nut-free classroom. Three need zero baking, two are batch-and-freeze heroes. The secret ingredient in most of them: **sunflower seed butter** — the creamy, school-safe swap that behaves almost exactly like peanut butter.

1 Apple "Cookies"

NUT-FREE · GLUTEN-FREE · DAIRY-FREE · 5 MIN · NO BAKE

Slice an apple into rounds. **Spread** each round with sunflower seed butter. **Sprinkle** with seeds or a few dairy-free chocolate chips. That's it — after-school snack, solved.

2 Banana Sushi

NUT-FREE · GLUTEN-FREE · DAIRY-FREE · 10 MIN · NO BAKE

Coat a whole peeled banana in sunflower seed butter. **Roll** it in certified gluten-free oats until covered. **Slice** into bite-size "sushi" rounds. Kids love making these as much as eating them.

3 No-Bake Energy Bites

NUT-FREE · GLUTEN-FREE · DAIRY-FREE · 15 MIN · NO BAKE

Mix sunflower seed butter with certified gluten-free oats and a little maple syrup until it holds together. **Roll** into balls. **Chill.** Keep a batch in the fridge for lunchboxes all week.

Janet's tip: too sticky? Add oats, one spoon at a time. Too crumbly? A touch more seed butter.

4 Chewy Fruit & Seed Granola Bars

NUT-FREE · GLUTEN-FREE · DAIRY-FREE · 15 MIN + 1 HR CHILL

The clean answer to supermarket bars with a paragraph of unpronounceable ingredients. Makes 10.

INGREDIENTS

- 2 cups (180g) certified GF rolled oats
- 1/2 cup pumpkin & sunflower seeds
- 1/3 cup sunflower seed butter
- 1/3 cup maple syrup or honey
- 1/3 cup raisins or chopped dried fruit
- 1 tsp vanilla + pinch of salt

METHOD

1. **Warm** the seed butter and syrup until pourable; stir in vanilla.
2. **Mix** with oats, seeds, fruit and salt until evenly coated.
3. **Press firmly** into a lined tin — really lean on it.
4. **Chill** at least 1 hour, then slice with a sharp knife.

The one trick: pressing hard in step 3 is the entire difference between chewy bars and a crumbly mess. Fridge: 1 week. Freezer: 2 months.

5 Soft Banana Oat Muffins

NUT-FREE · GLUTEN-FREE · DAIRY-FREE · 35 MIN · MAKES 12

Sweetened almost entirely by ripe banana — the “everyone-can-eat-it” bake that earns a spot on the fridge.

INGREDIENTS

- 2 cups (200g) certified GF oat flour (or blitz rolled oats until fine)
- 3 very ripe bananas, mashed
- 2 eggs (or 2 flax eggs)
- 1/4 cup maple syrup + 1/4 cup neutral oil
- 1 tsp baking soda, 1 tsp cinnamon, pinch of salt

METHOD

1. **Heat** oven to 350°F (180°C); line a 12-cup tin.
2. **Whisk** bananas, eggs, syrup and oil until smooth.
3. **Stir in** dry ingredients — just until combined.
4. **Rest** the batter 5 minutes (better rise).
5. **Bake** 18–22 min, until a toothpick comes out clean.

Lunchbox trick: freeze muffins individually and drop one in frozen — it thaws by snack time and keeps the box cool.

Before you shop: picking a safe sunflower seed butter

- ✓ **Short ingredient list** — ideally just sunflower seeds and a little salt.
- ✓ **"Made in a nut-free facility"** on the label if it needs to be classroom-safe.
- ✓ **No hydrogenated oils or added sugar** where possible.
- ✓ **Certified gluten-free oats only** for every recipe here — standard oats are commonly cross-contaminated with wheat.

? Why did my bake turn green?!

A fun bit of food science: sunflower seeds contain chlorophyll, which can react with **baking soda** and tint baked goods greenish. It's **completely harmless** and doesn't affect taste. To avoid it, use baking powder instead — or add a teaspoon of lemon juice to the batter. (Or lean in and call them monster muffins. Kids are delighted either way.)

! Allergy note

These recipes avoid peanuts, tree nuts, gluten and dairy — but always match every swap to **your family's specific allergies**. Anyone with a sunflower or seed allergy should skip the seed butter, and double-check that dried fruit and chocolate chips are made in a nut-free facility.

Want a full week of this?

Find more kid-safe snacks, allergy-friendly recipes and honest product reviews at **mycleanbowl.com** — and pair this mini-cookbook with our free Grocery Checklist for stress-free shopping.