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Healthy Snacks for Kids & Adults Alike!

April 14, 2014, written by katie

[A few healthy kids sized snacks from Katie and Happily Whole](#) ^[1]

Video of A few healthy kids sized snacks from Katie and Happily Whole

Here's a few ideas for healthy snacking. I will show you some of my girls' favorites for when we are on the go or they are at school. But, most of them are adult-freindly too!

Source URL: <https://www.livinghappilywhole.com/content/healthy-snacks-kids-adults-alike>

Links

[1] <https://www.livinghappilywhole.com/file/few-healthy-kids-sized-snacks-katie-and-happily-whole>