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12 healthy kids snacks



Photo: Courtesy of Peas of Mind

Peas of Mind Veggie Wedgies

This crispy snack of baked fries made from real veg and fruit (broccoli, cauliflower, carrot, apples) is a dinner table favorite. It has no added sugar or artificial flavors, and it's low in sodium. Think the crispy top of twice-baked potatoes without the buttery, cheesy overlay.

Available at amazon.com, four bags for \$40.