



17 healthy back-to-school foods your kids will actually eat

AUGUST 19, 2016 BY OH MY VEGGIES

We always associate back-to-school with buying school supplies and clothes, but back-to-school also means restocking your pantry and fridge with healthy foods—and hoping your kids won't hate them. We've done a lot of research and taste-testing* and these are our picks for back-to-school breakfasts and snacks that your kids—and you!—will love.

healthy back-to-school breakfast foods



3. **Birch Benders Protein Pancake & Waffle Mix** // Pancakes on a weekday morning? Birch Benders makes it easy—just add water and heat up your griddle for a hot, protein-packed breakfast.