

Rye Bread Snacks for Children (And Adults Young at Heart)

1) Hummus and toast

When I am famished in the afternoon but do not want to ruin my appetite for dinner, I really enjoy a slice of rye bread, toasted, and spread with humus. Add slices of cucumber and a bit of sea salt for extra crunch!

2) P.B.

There is nothing simpler and more delicious than a piece of rye bread with peanut or almond~ butter!

3) Rye bread with butter, honey, and banana (or chocolate)

As small children, my two daughters didn't always like the smørrebrød that the grown ups ate, but they always loved a piece of rye bread with chocolate spread or Nutella or with butter and honey. To top off these snacks, I would sometimes add slices of banana or a fruit preserve.

