

EASY HEALTHY SNACKS!!!

- Nuts & Seeds
(almonds, walnuts, cashews, hazelnuts, sunflower, pumpkin seeds)
- Avocado/Avocado with lime, lemon, or black pepper (or avocado in a smoothie)
- Celery, carrot sticks, apple slices, or banana dipped in nut butter
(peanut, almond, cashew, sunflower butter)
- Pickles/pickled vegetables (high in sodium)
- Hard-boiled egg / Deviled Eggs (alone or as an egg sandwich)
- Brown or whole grain rice cakes
- Hummus with veggies and/or seed crackers or sprouted grain bread
- (Veggies for dipping: cherry tomatoes, snow peas, cucumber, bell pepper, celery, carrots)
- Baked sweet potato w/ plain Greek yogurt or cinnamon
- Baked potato with plain Greek yogurt/Salsa
- Almond milk, cocoa, banana milkshake
- Fresh fruit (apple, orange, grapes, pear, banana, grapefruit, berries, pineapple)
- Fruit salad
- Fruit and vegetable smoothie (homemade)
- Baked apple w/ cinnamon or raw apple slices w/ cinnamon
- Chia pudding (chia seeds w/ coconut milk & fruit, cocoa, or vanilla)
- Frozen bananas slices (tastes like ice-cream bites)
- Frozen Grapes
- Plain Greek yogurt with fruit (add drop of vanilla extract and fresh or frozen fruit)
- Homemade hot chocolate (w/ cocoa powder & almond milk)
- Oatmeal w/cut up apples & cinnamon
- Sweet potato pancakes

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