

Healthy Snack Ideas



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Berry Parfait



Pro tips: Use **plain, low-fat yogurt** and **mix up the berries** or fruit you add.

Thawed, frozen fruit can save money and keeps longer.

Looking for some crunch? **Add a 1/4 non-sweetened granola!**



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hummus

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Crunchy & Flavorful Burst



Pro tips: **Veggies & 1/4 cup of hummus** are an excellent go-to snack. **Try different veggies with the seasons:** cauliflower, snap peas, carrots, cherry tomatoes, bell peppers, cucumbers, and broccoli. Don't dig hummus? **Use low-fat ranch dip instead.**

Looking to make a meal? Add a whole grain pita & piece of fruit.



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Sweet & Savory Treat




Pro tips: A **sliced apple & 1 Tablespoon of peanut butter** make a filling snack!

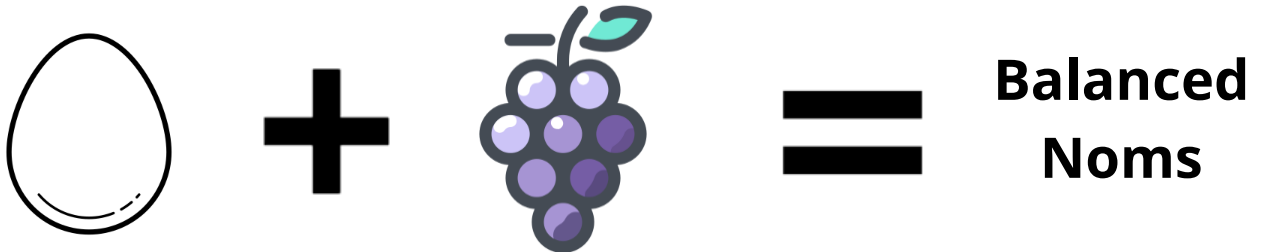
Go for the natural PB without partially hydrogenated oils and added sugar.

Want to mix it up? **Try almond or cashew butters!**




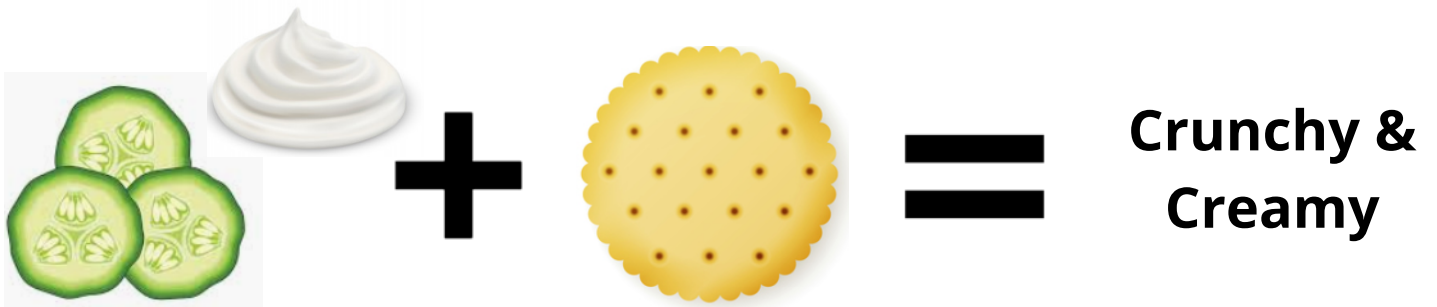
**That's a
Wrap**

 **Pro tips:** Take a whole wheat soft tortilla shell and spread 1 tablespoon of reduced-fat cream cheese. Add a handful of your favorite sliced or chopped veggies like halved cherry tomatoes, sliced or grated carrots and cucumber slices. Roll up and enjoy! **Try 2 tablespoons of hummus instead of the cream cheese.**




**Balanced
Noms**

 **Pro tips:** A hard-boiled egg paired with fruit of your choice - like grapes - is **protein-packed and naturally sweet**. Switch up the fruit!
Make a bunch of hard-boiled eggs at once to prep snacks for your week.



**Crunchy &
Creamy**


 **Pro tips:** A handful of **whole wheat crackers with reduced fat cream cheese & cucumber slices** are an easy snack. **Vary your veggies!** Try sliced cherry tomatoes, carrots, or radishes.

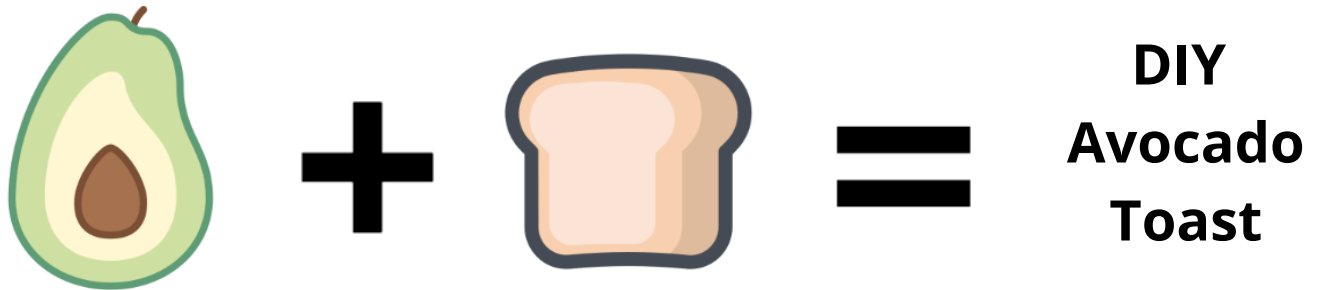


**Decadent
Sandwich**

 **Pro tips:** Make **open-faced sandwiches with natural PB and half a sliced banana** on graham crackers. **Make extra and freeze** for a healthy frozen treat for later!




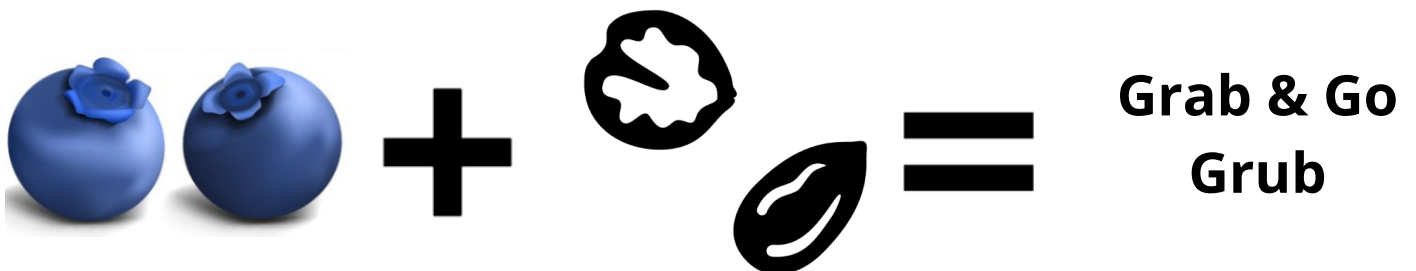
 **Pro tips:** Blend 1 frozen banana, 1 cup of skim or nondairy milk, and 1 tablespoon of natural peanut butter for a healthy and satisfying milkshake. **Feeling tropical?** Swap the peanut butter for 1/2 cup frozen or fresh strawberries or mango. **Do-ahead:** freeze a few ripe bananas in a ziplock bag to have on-hand.




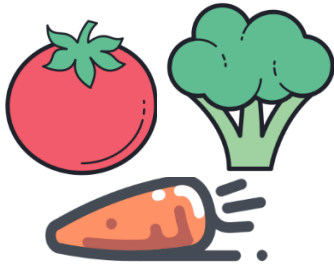
 **Pro tips:** Toast a piece of whole wheat bread to your preferred crispness and mash/spread half an avocado on top. **Save the other half of the avocado** sealed in a container in your fridge for your next snack. **Spice it up:** add red pepper flakes or a spoonful of salsa on top. **Add sliced tomatoes** to increase your veggie dose.



 **Pro tips:** Make 2 **mini pizzas with a whole wheat English muffin, tomato sauce, and a sprinkle of shredded cheese.** Take the muffin halves and spread a spoonful of tomato sauce on each. Sprinkle with a pinch of shredded cheese and bake in the oven or toaster oven for 3-5 minutes at 350F. **Get creative: add veggies** and increase the cooking time by few minutes. **Pre-toast the muffin halves for extra crunch.**



 **Pro tips:** Grab **a handful of fresh berries and a 1/4 cup of your favorite nuts or seeds** (ex. sunflower) for a snack on-the-go. **Choose unflavored or unsalted nuts** to minimize unnecessary extras. **No fresh fruit?** Stock up on dried fruit, but choose dried fruit without added sugar by reading the ingredients!




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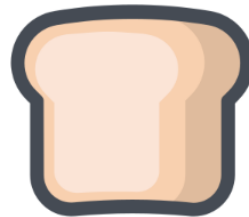
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**Veggies
'n
Cheese**

 **Pro tips:** Make a plate of your favorite veggies - cherry tomatoes, broccoli, carrot sticks, or snap peas are crunchy choices - with a few, low-fat cheddar cheese cubes or a stick of low-fat string cheese. **Try new veggies** like cauliflower, cliced cucumber, and sliced bell pepper




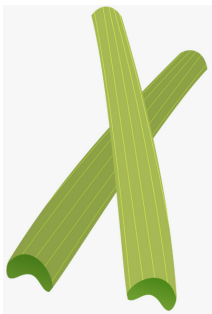
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**Dreamy
"Dessert"**

 **Pro tips:** Toast a piece of whole wheat bread to your preferred crispness, spread 1 tablespoon of reduced-fat cream cheese, and top with sliced strawberries. **No cream cheese?** Try a natural nut butter instead! **Change up the fruit:** sliced apples or bananas with a sprinkle of cinnamon make excellent combos.



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**Classic
Ants on a
Log**

 **Pro tips:** An oldie, but a goodie. Spread a tablespoon of natural peanut butter across a couple of celery sticks. Stick a few raisins in the peanut butter for the 'ants' on the celery/PB 'log.' **Try hummus and cherry tomato halves instead of PB and raisins for something different.**




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**Berry
Delish
Oats**

 **Pro tips:** Microwave plain, quick-cook oats with water or skim milk, following the directions on the oat container. Add a scoop of berries, fresh or thawed frozen berries work just fine. **Add some crunch:** top with sunflower or pumpkin seeds!