

Healthy Snack List

- Fruit!
- Hummus with wheat thins or pita chips
- Plain Greek Yogurt (full fat) w/fresh fruit
- Fresh Popcorn with warm olive oil and a little sea salt
- apples and nut butter (peanut, almond, etc)
- Carrot sticks
- big pickles
- almonds
- fruit leather
- Nuts
- Smoothies (frozen fruit + ice + nut butter/unsweetened Almond milk is delicious!)
- Vegetables
- Healthy cereal (low sugar, high fiber, protein)
- Flaxseed chips with plain Greek Yogurt and salsa (I love the ones from TJ's)
- Homemade Granola Bars
- Easy Peasy Fruit Salad (cut up fruit with a squeeze of lemon juice)
- Homemade Hummus*
- Homemade Applesauce*
- Beef, Turkey or Bison Jerky
- Homemade Granola
- Fruit and Yogurt Parfaits
- Dark Chocolate and Nuts
- Dried Fruit and Almonds
- Nutty Fruity Quinoa
- Homemade Tapioca Pudding (vegan)
- Whole Grain Pretzels and Cream Cheese
- Maple Roasted Pecans
- Apples or celery with raw nut or seed butter (tahini, almond, sunflower, etc...)
- Crunchy veggie sticks (like cucumber, celery, pepper, etc) and hummus
- Celery and peanut butter (use the non-hydrogenated kind)
- Leftover grains (i.e. brown rice, quinoa) drizzled with cinnamon; add coconut milk and bananas, heat and enjoy warm oatmeal-like porridge
- Smoothies - mix any of the following: 1 fruit (banana is a good base), 2 - 3 leaves of dark leafy greens (kale, spinach, or collards) ice, almond, coconut or rice milk, protein powder (Vega is preferred brand), carob powder, etc.
- Banana, split lengthwise, with any nut butter spread in the middle
- Chopped tomatoes, avocado, onion, olives, and basil (easy breezy bruchetta!); add some black beans for protein boost
- Raw nuts and seeds (1-2 ounces)
- Seasonal fruit with sliced almonds on top (or any raw nut for a topping)
- Steamed and lightly salted edamame pods

- Any dark leafy green with soy sauce, balsamic vinegar and sesame seeds on them
- Juices (try experimenting with combos); here's one to try: Juice these ingredients: 1 cucumber, ½ lime, 1 cup of kale, ¼ inch ginger root, ½ Granny Smith apple
- Oatmeal with peanut butter or ground flaxseed (love this when I am at home and need something warm!)
- puffed rice+ soymilk/ricemilk/milk + frozen fruit
- homemade snack mix: freeze dried fruit + peanuts + puffed rice + a bit of candy or whatever! I like to mix and match

**it's OK if you buy the healthy stuff from the store too*

BARS

- Chocolate and peanut butter bars- Extend bars
- Banana Molasses Granola Bars -Anja's Food 4 Thought
- Chocolate Hazelnut Larabars- The Healthy Foodie
- Crispy, Goopy Trail Mix Bars- Family Fresh Cooking
- Coconut Rolled Raw Energy Balls -Blooming on Bainbridge
- Dark Chocolate and Dried Cranberry Granola Bars- Thyme
- Fresh Fig Bars- Healthy Happy Life
- Grab and Go Granola Bars -Out of the Box Food
- Homemade Coconut- Luna Bars
- No Bake Peanut Butter Oatmeal Bites- Bran Appetit!
- Telluride Trail Bars -Family Fresh Cooking
- The Raw Brownie- My New Roots

Fruity Snacks

- Baked Applesauce- Sweet Peas Kitchen
- Dehydrated Apples and Bananas- Bev Cooks
- Dried Banana Coins -The Slow Roasted Italian
- Fruit and Yogurt Parfait - Back to Her Roots
- Fruit Salsa with Cinnamon Chips - Laura friendly
- Homemade Fruit Leather- Georgia Pellegrini
- Rainbow Fruit Skewers Brooklyn Supper for Babble.com
- Rainbow Fruit Wraps - Gimme Some Oven
- Raspberry Applesauce - Family Fresh Cooking

Popcorn

- Bacon and Pecorino Popcorn - A Spicy Perspective

- Cheesy Chili Lime Popcorn - Bless This Mess
- Chili Lime Popcorn - whole living
- Popcorn - 100 Days of Real Food
- White Cheddar Popcorn - How Crazy Cooks

pudding

- Cinnamon-Vanilla Chia Seed Pudding An - Edible Mosaic
- Fruit Pudding - Elana's Pantry
- Mango Pomegranate Mousse - Beth Michelle
- Rice Carrot Pudding - Kiran Tarun
- Roasted Peach Tapioca Pudding - Family Fresh Cooking
- Vegan Tapioca Pudding dramatic pancake

Spreads and Dips

Kids and adults love dips. Pack organic nut and seed butters or make your own! Dips, spreads and sauces make fruits and veggies more tempting and they add some sustain to your snack.

- Avocado and Edamame Spread -The Perfect Pantry
- Cannellini Hummus with Wonton Chips -Once Upon a Plate
- Creamy Fluffy Hummus - Fresh Tart Steph
- Feta Cheese Dip - Heather Christo
- Green Pea Hummus- Meal Makeover Moms
- Grilled Baba Ghanoush -The Parsley Thief
- Lentil Hummus- Deliciously Organic
- Homemade Nutella -Diethood
- Sun Dried Tomato Hummus with Crispy Chips - Family Fresh Cooking
- Toasted Coconut and Hazelnut Butter -Top with Cinnamon

Veggie Snacks

Keep containers full of sliced and prepped veggies for grab and go snacks and lunches. You can also make these fun recipes.

- Baked Parmesan Zucchini Chips -Ambitious Kitchen
- Baked Organic Zucchini Chips -My San Francisco Kitchen
- Crispy Baked Kale Chips - For the Love of Food
- Make your Own Veggie Chips -Chow.com
- Roasted Green Bean Fries -How Sweet Eats
- Sun-Dried Potato Chips -eCurry