

Simple Snacks

CHEAT SHEET

Rice Cake or Whole Wheat TOAST

Top it with:

- Smashed avocado and sea salt, or my everything bagel seasoning-recipe on blog
- Peanut butter and thin apple slices
- Hummus with cucumber slices
- Greek yogurt and berries
- Laughing Cow cheese with turkey, arugula and dijon mustard
- Cottage cheese and sliced grape tomatoes
- Nut butter, banana slices, and a drizzle of honey

Healthy BANANA SPLIT

Split a banana in half lengthwise. Top with Greek yogurt, granola, berries, and a drizzle of honey!

Apple COOKIES

Slice apple into thin rings and remove the core. Top with peanut butter or almond butter, almonds, coconut, and chocolate chips.

Cucumber HUMMUS ROUNDS

Slice cucumber into rounds top with hummus, fresh dill, and a little feta cheese.

Turkey ROLL UPS

Take a slice of deli turkey and place mustard, spinach, and string cheese inside. Starting at edge with cheese and vegetables, roll up each turkey slice.

DIY SNACK MIX

Let your kids build their own snack mix! Let them place the following in a plastic Ziploc bag or container to eat on the go!

- Pretzels
- Nuts
- Dried fruit
- Popcorn
- Cereal
- Seeds
- Chocolate chips or M&M's
- Small crackers

Apple NACHOS

Cut an apple into thin slices. Drizzle with melted peanut butter, salted caramel sauce, or melted chocolate chips... or all three! You can also add chopped peanuts or Heath bits.

GO-TO SNACKS

- Frozen grapes
- Peach or pineapple with cottage cheese
- Unsweetened applesauce with cinnamon
- Baked sweet potato fries
- Mini bell peppers stuffed with hummus, Laughing Cow cheese, or goat cheese

Perfect Smoothie

CHEAT SHEET

Choose Your
BASE

1-2 Cups

- Water
- Milk
- Almond milk
- Coconut milk
- Soy milk
- Hemp milk
- Coconut water

Choose Your
FRUIT

1 Piece or 1 Cup

*frozen fruit is best

- Banana
- Apple
- Blueberries
- Raspberries
- Strawberries
- Peach
- Pear
- Mango
- Pineapple

Choose Your
GREENS

1-2 Cups

- Kale
- Spinach
- Romaine
- Swiss chard
- Beet greens

Choose Your
HEALTHY
FAT

1-2 TBSP

- Peanut butter
- Cashew butter
- Almond butter
- Coconut
- Chia seeds
- Avocado
- Flax seeds
- Cacao
- Bee pollen
- Goji berries



Blend with 3-5 ICE CUBES and enjoy!



*if using fresh fruit