



Quick Snack Ideas

Sabra hummus with chopped veggies, pretzels, or crackers

Sabra guacamole and salsa with veggies, pretzels, crackers, or baked tortilla chips

Cabot cheese (try the Extra Sharp and Seriously Sharp varieties) with crackers or veggies or a serving of popcorn

Stonyfield Greek yogurt or cottage cheese with fruit, nuts, seeds, and/or raw oats, cereal, or granola. If you buy flavored yogurt, leave out the fruit!

Latte with a handful of nuts

Sliced apple or banana with nut butter

Whole wheat toast with mashed avocado, salt, and pepper

Hard boiled eggs with salt and pepper

Thawed frozen edamame pods

Trail mix (Make your own mix of nuts and dried fruits!)

Ants on a log: celery filled with peanut butter & topped with raisins