



Snack Ideas

- Apple or banana & nut butter
- Veggies and hummus
- Yogurt or cottage cheese with fruit and nuts
- Whole wheat toast with mashed avocado
- Hard boiled eggs
- Cheese and crackers with grapes
- Trail mix – make your own mix of dried fruit, nuts, and seeds!
- Frozen banana drizzled with dark chocolate & sprinkled with walnuts
- Celery with peanut butter and raisins
- Latte with a handful of nuts
- Pear dipped in Greek yogurt
- Edamame
- Apple chips & a handful of nuts
- English muffin and nut butter