

# 20 Healthy Snacks

1. Apple slices tossed in fresh lemon juice and lemon zest

2. *Ants on a Log*: spread no-sugar-added peanut butter on celery sticks and dot with raisins



3. Veggies dipped in ranch dressing (baby carrots, red pepper strips, cauliflower, cherry tomatoes, cucumber slices, snap peas, broccoli)



4. Fresh fruit (berries, pears, peaches) topped with plain, unsweetened yogurt. Sprinkle with chopped pecans, walnuts or slivered almonds

5. Trail mix made with  $\frac{1}{4}$  cup raw nuts (almonds, walnuts, pecans, pistachios) and  $\frac{1}{4}$  cup unsweetened dried fruit (raisins, cherries, cranberries, apricots, prunes)

6. *Green Smoothie*: blend  $\frac{1}{2}$  banana,  $\frac{1}{2}$  cup frozen no-sugar-added berries, peaches, pineapple or mango and 3 ounces 100% apple, orange or grape juice. Add 1 cup fresh baby spinach and blend until smooth and green. All you taste is the fruit!

7. One mozzarella string cheese and 4 ounces 100% fruit juice

8. Two hard boiled eggs



9. Two tablespoons no-sugar-added peanut butter spread on apple slices



10.  $\frac{3}{4}$  cup cottage cheese mixed with melon cubes, peaches, cucumber or berries

11. Mashed avocado spread on slices of deli turkey, rolled up

12. One cup steamed broccoli topped with 2 tablespoons parmesan cheese

13. Two tangerines

14. Half of a 100% whole-grain bagel topped with hummus



15. One packet plain instant oatmeal mixed with  $\frac{1}{2}$  teaspoon cinnamon, 1 teaspoon honey and  $\frac{1}{4}$  cup peach slices

16. Banana smeared with 2 tablespoons no-sugar-added peanut butter, dipped in chopped nuts

17. Unsweetened applesauce snack cup

18. Half of a pita pocket stuffed with hummus, tuna, shredded carrots, cucumber and red bell pepper

19. Celery sticks spread with cream cheese and chives

20. Cherry tomatoes tossed with shredded mozzarella, balsamic vinegar and olive oil