

Super (REAL food) snack ideas:

- **Apple slices:** with natural peanut butter or other nut butter, or get a little more creative and make quesadillas. Recipe to check out: *Apple Peanut Butter Quesadillas*.
- **Fruit and cheese kabobs:** everything is more fun eaten on a stick! Use strawberries, grapes, cheese cubes, or whatever you are craving.
- **Yogurt, fruit, and granola parfaits and salads:** plain yogurt with your favorite fruit, and then add crunch with homemade granola. Recipes to check out: *Creamy Fruit Salad* and *Yogurt Fruit and Nutty Salad*.
- **Jerky** (beef, turkey, etc.)...the fewer ingredients, the better!
- **Ants on a log:** celery, peanut butter and raisins
- **Hard-boiled eggs**
- **Oranges or other in-season fruits**
- **Sweet Surprise Raspberries:** dark chocolate chip inside of a raspberry - perfect for Valentine's Day!
- **Pineapple Salsa**
- **Smoothies:** as simple as adding frozen strawberries, a banana, and milk to a blender. Mix it up with your favorite fruits -- delicious quick breakfast too! Recipes to check out: *Super Pink Strawberry Raspberry Smoothie* and *Chocolate Peanut Butter Smoothie*.
- **Sweet potato crisps:** thinly slice sweet potatoes, add some olive oil, salt and pepper and bake until crisp. Parsnip fries are also a great idea, made the same way! Recipes to check out: *Salt and Vinegar Roasted Sweet Potatoes* and *Parsnip Fries*.
- **Sweet Potato Toast:** who knew you could cook sweet potato slices in the toaster?! Recipes to check out: *Pear and Banana Sweet Potato Toast* and *Savory Smoked Salmon Sweet Potato Toast*.
- **Homemade Pudding:** hidden REAL ingredients make them healthier! Make ahead for your week and store in mason jars. Recipes to check out: *Chocolate Peanut Butter Pudding* and *Mango Chia Seed Pudding*.
- **Apple chips:** these take a little while to bake, but you can make your own dried apple chips!
- **Yogurt popsicles:** simply blend plain yogurt with your favorite fruit and freeze. Make mini popsicles in an ice try with toothpick or pretzel stick handles. Recipe to check out: *Red, White and Blueberry Popsicles!*
- **Roasted cauliflower:** easy and delicious! Recipe to check out: *Curry Roasted Cauliflower*.
- **Edamame:** find these packaged (frozen), ready to steam in the microwave and then ready to enjoy!
- **Homemade applesauce:** check out our *Maple Cinnamon Applesauce* -- it's delicious!
- **Guacamole or salsa:** simple and easy! Recipes to check out: *Hatch Chile Guacamole* or *Salsa Fresca*.
- **Overnight oatmeal** - ideal grab and go breakfast...or snack, especially if made ahead in mason jars. Recipes to check out: *Carrot Cake Overnight Oatmeal* and *Blueberry Maple Overnight Oatmeal*.

More super snack ideas for when you are on the go (ideal for traveling, ball games and car rides):

- **Dips with veggies:** great-tasting dips is an excellent way to get your kids to eat their veggies! Recipes to check out: *Roasted Garlic White Bean Hummus*, *Avocado Hummus*, and *Garlic Dill Pickle Hummus*.
- **Air-popped popcorn:** fantastic alternative to microwave popcorn – just add a little olive oil and sea salt or jazz it up with pizza flavored popcorn, a kettle korn version or drizzling melted dark chocolate. Recipe to check out: *Dark Chocolate Drizzled Popcorn* (see recipe quick tip for other flavor combinations).
- **Trail mix:** mix your favorite nuts with dried fruit such as cranberries or raisins. Plus, you can satisfy your sweet tooth by adding some dark chocolate chips!
- **Roasted nuts and seeds:** add flavor with honey, maple syrup, herbs and/or spices. Recipes to check out: *Spiced Mixed Nuts* and *Birdseed Snack Mix*.
- **Homemade granola:** a great snack to add to fruit and yogurt, or eat it all by itself! Recipes to check out: *Cranberry Coconut Granola*, *Pumpkin Spice Granola*, and *Banana Dark Chocolate Granola*.
- **Energy balls:** these make a great grab-and-go breakfast, snack or even dessert. Recipes to check out: *No Bake Chocolate Energy Balls* and *Almond Butter Bites* - they are both crazy good!
- **Breakfast cookies:** not just for breakfast, these also make a great snack! Recipe to check out: *Chunky Monkey Breakfast Cookies*.