



Super (REAL Food) Snack Ideas

Reliable Stand-By's:

- **In-season fruits:** As Zonya says, "fruit is nature's candy!" Apple slices with natural peanut butter (or other nut butter), and if you warm up the peanut butter just a bit, it makes a fantastic dip for apples!
- **Ants on a log:** celery, peanut butter and raisins.
- **Yogurt** and/or a handful of your favorite **Nuts**.
- **Jerky** (beef, turkey or others)...the fewer ingredients, the better!
- **Hard-boiled eggs**
- **Applesauce:** you can even make your own...check out our Super Cinnamon Applesauce.

Just a little effort:

- **Trail mix:** mix nuts with dried fruits such as cranberries or raisins...and add some dark chocolate chips!
- **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.
- Take apple slices to the next level with the **Apple Peanut Butter Quesadillas**.
- **Fruit and cheese kabobs:** everything is more fun eaten on a stick...strawberries, grapes, or cheese cubes.
- **Charcuterie:** the "adult lunchable."
- **Add pizzazz to nuts** - Enjoy as a snack or on salads, try Spiced Mixed Nuts and Birdseed Snack Mix.
- **Overnight oats:** ideal grab and go breakfast...and a delicious snack too, especially if made ahead in mason jars. Recipes to check out: Carrot Cake Overnight Oats, Neapolitan Overnight Oats and Blueberry Overnight Oats.
- **Yogurt and fruit:** combine plain non-fat yogurt with fruit and homemade granola. Check out: Oatmeal Cookie Parfait Cups, Creamy Fruit Salad, Dreamy Fruit 'n Nutty Salad, and Banana Split Breakfast Parfaits.
- **Salads:** salads can be an excellent snack! Check out: Mason Jar Chicken Pasta Salad, Spring Vegetable Orzo Pasta Salad or Mediterranean Tuna & Roasted Red Pepper Pasta.
- **Muffin Tin Madness:** snack-sized and portable too...try Baked Oatmeal Cups, Zucchini Muffins or Mini Frittatas!

Just dip it:

- **Hummus:** get kids to eat more veggies! Try Everyday Hummus, Roasted Carrot Hummus, Roasted Garlic White Bean Hummus, Garlic Dill Pickle Hummus with cucumbers, zucchini, carrots, bell peppers, radishes or kohlrabi!
- **Salsa or guacamole:** enjoy all week long...Simple Salsa Fresca, Easy Pineapple Salsa, Simple Guacamole.
- **Bruschetta:** when tomatoes are in-season, snack on the Tomato & Basil Bruschetta with whole wheat pita chips.

Cool and refreshing:

- **Smoothies:** try the Super Pink Smoothie, Glowing Green Smoothie and Peanut Butter Cup Smoothie.
- **Popsicles:** transform smoothies into popsicles. Use ice cube trays or small paper cups and a popsicle stick.
- **Ice cream:** super-easy with flavor combinations like Chocolate Banana, Pina Colada and Mixed Berry.

Satisfy a sweet craving:

- **Dark chocolate:** just one or two squares will satisfy a chocolate craving!
- **Bite-sized bliss:** Chocolate Chia Energy Bites, Peanut Butter Cup Power Balls, Almond Butter Bites, and our favorite, Chocolate Peanut Butter Cups.
- **Pudding:** Chocolate Peanut Butter Pudding, Bananas Foster Pudding Cups and Mango Chia Seed Pudding.
- **Breakfast Cookies:** perfect any time of the day! Chunky Monkey Breakfast Cookies, Chocolate Bliss Breakfast Cookies and Blueberry Lemon Breakfast Cookies.

Satisfy a salty craving:

- **Air-popped popcorn:** excellent road trip snack! Try pizza flavored popcorn, kettle corn, or dark chocolate.
- **Roasted chickpeas:** delicious made super-crispy, or browned and crispy on the outside and tender on the inside.
- **Edamame:** find these packaged (frozen), ready to steam in the microwave and enjoy!
- **Sweet potato crisps:** thinly slice, add oil, salt and pepper and bake until crisp. Try Salt and Vinegar Roasted Sweet Potatoes and Parsnip Fries.
- **Roasted veggies:** cut into bite size pieces, add olive oil, salt and pepper (and other seasonings!) and roast 20-25 minutes. Try Curry Roasted Cauliflower & Carrots or Broccoli Poppers.