

Healthy Snack Ideas

Fruits



Apples (with peanut butter)

Orange

Cherries

Pear

Nectarine

Plum

Grapefruit

Sliced cucumber

Grapes (great frozen!)

Kiwi

Peaches (great with cottage cheese)

Cantaloupe

Blueberries

Pineapple

Watermelon

Mango

Strawberries

Banana (dipped in peanut butter OR try dipping in a bit of dark chocolate and freezing!)

Vegetables



Carrots

Cherry tomatoes

Sliced bell pepper

Corn

Peas

Edamame

Sugar snap peas

Steamed broccoli

Celery (ants on a log)

Tomatoes (good sprinkled with pepper, or with balsamic vinegar and fresh mozzarella)

Avocado

Asparagus

Sweet potato with coconut oil and/or cinnamon (keep a couple baked sweet potatoes in your fridge - easy to reheat!)



Other Snacks



Cheese stick	Baked kale chips
Green smoothie (great frozen as popsicles!)	Oatmeal
Plain greek yogurt with honey	Whole grain (low sugar) cereal
Veggies and hummus	Fruit leather
Raisins / dried cranberries	Brown rice cake (with peanut butter)
Air-popped popcorn	Whole wheat toast or english muffin with peanut/almond butter
Whole wheat muffins/waffles	Turkey and cheese rolled up
Whole grain crackers	Pita chips with hummus
Whole wheat pretzels	Sunflower/pumpkin seeds
Almonds	Dried fruit
Walnuts	Unsweetened applesauce
Hard boiled egg	

Half of a grilled cheese - made with whole wheat bread, a little bit of cheese, and sliced avocado and tomato

Avocado mixed with shredded chicken, served on veggies or whole wheat crackers

Banana ice cream - just puree frozen bananas in a blender. You could also mix in some peanut butter

Lettuce wrap - filled with tuna, veggies, or chicken salad

Parfait - layer greek yogurt with fresh berries and granola

Healthy Recipes

"Clean" Banana Muffins: These muffins are way healthier than they taste. Incredibly delicious, and easy to freeze in large batches.

{Recipe from: Debbie Reichert Fitness}

Vanilla Almond Granola: Granola is very customizable, but this is my all-time favorite recipe. Be sure to try other varieties as well, like peanut butter or pumpkin!

{Recipe from: Sally's Baking Addiction}

Roasted Chickpeas: You can use whatever spices you want with this super addictive snack, and you can even use them in salads or soup!

{Recipe from: the kitchn}

Baked Apple Chips: If potato chips are your thing, try apple chips instead! Crispy and delicious.

{Recipe from: Sally's Baking Addiction}

Sweet Potato Fries: These fries are baked, and much healthier than traditional french fries.

Quinoa Burgers: These are delicious, and packed full of veggies. We love to triple the batch, and store them in the freezer. The patties thaw in the microwave in about a minute, and are a great (and filling!) snack.

{Recipe from: Eating Well, Living Thin}

No-Bake Energy Bites: Balls of cookie dough that are secretly healthy? Yes, please! Perfect for kids who can't tell the difference :) We like to eat these frozen, plus they last longer that way.

{Recipe from: Smashed Peas and Carrots}

Tips for Healthy Snacking

- Stay hydrated - don't mistake thirst for hunger! If you're feeling snacky, try drinking a glass of water.
- Make snacking on veggies more exciting with hummus or guacamole. Avoid preservatives and added sugars by making your own! Portion it out into small bags, and stick them in the freezer. Pull out to thaw as needed!
- Keep plenty of healthy snacks on hand, and prep them in advance. If you get hungry, you'll reach for whatever is quick and easy. So make sure you have washed/chopped veggies and fruit ready to go in your fridge at all times.
- Also, make sure you DON'T have junk food lying around! Purge your house of all sugary snacks, so when you're tempted, you have nothing to turn to but carrots :)
- Try to avoid mindless snacking while engaged in other activities. We tend to overeat when we snack if our attention is occupied by something else, like watching t.v.
- If there are snacks you simply can't live without (like chocolate or french fries), then opt for a healthier version (like dark chocolate or sweet potato fries).

