

HEALTHY SNACKS

Keep these delicious, nutritious foods in the house to avoid processed foods. An after-school snack will keep the blood sugar even and help keep kids and parents calm until dinnertime.

Sweet

- A handful of almonds, cashews and pecans with a pear
- 1/2 cup Greek yogurt, raspberries
- 1/2 sliced banana, 6 almonds
- 3 Tbs almond butter and an apple
- A bowl of berries
- Fruit at anytime
- Yogurt with granola or dry cereal and chopped fruit.
- Plain non-fat yogurt with fruit
- Fruit juice popsicles
- Ants on a log: Spread peanut butter on celery stalks and top with raisins
- Peanut Butter and Crackers
- Rice cakes spread with almond butter
- A handful of whole-wheat pretzels dipped in cashew butter
- 1/2 whole-wheat bagel with non-fat Cream Cheese
- Cream cheese on celery or cucumber
- Cheese and Crackers
- Cucumber Bagels: Spread a bagel with cream cheese and top with cucumber slices.
- Muffins: Make a batch of healthy muffins at the beginning of the week

Savoury

- 1/2 an avocado spread over 1 rice cake with 12 cashews
- Mash 1 avocado with a dash lemon juice, hot sauce & 2 tsp minced garlic. Serve with corn chips & cucumbers.
- Popcorn: Choose air popped or low-fat microwave popcorn
- 1 hard-boiled egg with carrots and celery
2 baby dill pickles, 3 small cubes of cheddar cheese and 8 cashews
- 1 small cucumber cut in slices
2 pcs sodium-free turkey breast
honey mustard and 5 rice crackers
- Meat, hard-boiled eggs, dill pickles
- Italian sausage with hot mustard
- 1/4 cup hummus with cleaned raw vegetables
- **Crudité's:** Choose a dip and serve with raw vegetables, any raw vegetable!
- **Feta cheese dip:** Mix 1 cup sour cream and 6 oz crumbled feta cheese, 1 tsp minced garlic and 1 tsp dried basil in a bowl & chill.
- **Lemon Vinaigrette:** Whisk together: 2 Tbsp lemon juice, 1/4 olive oil, salt and pepper to taste.
- **Hummus:**
14-oz can of chick peas
3 garlic cloves
2 tbsp lemon juice
1/2 tsp cumin (opt)
pinch of cayenne & salt
Purée in food processor or blender.