

HEALTHY SNACK IDEAS

Try out these healthy snacks at home or on the go! They also make great appetizers for holiday parties and get togethers all year long.

Greek Yogurt Parfait: Layer Greek yogurt with fresh berries, a drizzle of honey, and a sprinkle of granola for a protein-rich and satisfying snack.

Apple Slices with Nut Butter: Slice up an apple and pair it with your favorite nut butter for fiber, vitamins, and healthy fats.

Veggie Sticks with Hummus: Slice up cucumbers, bell peppers, carrots, and celery, and dip them in hummus for a crunchy, satisfying, and nutritious snack.

Trail Mix: Make your trail mix by combining a mix of unsalted nuts, seeds, and dried fruits. Portion them into snack-sized bags for quick grab-and-go options.

Hard-Boiled Eggs: Hard-boiled eggs are a great source of protein and nutrients. Sprinkle a bit of fresh herbs or seasonings for added flavor.

String Cheese: String cheese provides protein and calcium. It's easy to carry and doesn't require refrigeration for a few hours.

Avocado Pita Toast: Top whole-grain pita breads with mashed avocado and a sprinkle of sea salt for a satisfying and heart-healthy snack.

Edamame: Edamame (young soybeans) are rich in protein and fiber. You can buy them frozen and steam them quickly.

Popcorn: Opt for air-popped popcorn with a sprinkle of nutritional yeast or a light dusting of your favorite spices for a low-calorie snack.

Cherry Tomatoes with Mozzarella: Skewer cherry tomatoes and fresh mozzarella on toothpicks for a bite-sized snack.

Smoothies: Blend up a quick smoothie with your choice of fruits, a handful of greens, and a protein source like Greek yogurt or a scoop of protein powder.

Oatmeal: Prepare a quick bowl of oatmeal topped with sliced banana and a sprinkle of cinnamon. This is a great option if you're looking for something warm and filling.

