

21 SNACK IDEAS: PREMIUM FUEL FOR YOUR BODY

1. Make rice krispie treats using *high fiber Kashi cereal* and add *walnuts*.
2. Toast a *whole grain waffle* and top with *yogurt* and *berries*.
3. Peel a *banana* and dip it in *yogurt*. Roll in crushed cereal and freeze.
4. Dip *bell pepper strips*, *cherry tomatoes* and *broccoli* in *hummus*.
5. Spread celery sticks/apples with *peanut butter*. Top with raisins for “ants on a log.”
6. Mix frosted *cheerios*, *almonds*, *raisins*, and *goldfish* for a *sweet and salty trail mix*.
7. Microwave a small baked potato. Top with cheddar cheese and salsa.
8. Mix plain greek yogurt with honey, cinnamon, and peanut butter for a dip. Dip with carrot sticks or apples.
9. Blend *milk*, *frozen fruit*, *fresh spinach*, and *yogurt* for a *smoothie*.
10. Make your own granola by roasting dry oats with egg whites, cinnamon, honey, and vanilla extract. Then mix in dried fruit and walnuts.
11. Put a bag of seedless *grapes* in the freezer.
12. Fill a waffle cone with cut-up *fruit* and top with *vanilla yogurt*.
13. Sprinkle grated Parmesan Cheese or garlic powder on hot air popped popcorn.
14. Make a cucumber boat sandwich. Hollow out an English cucumber fill with cream cheese or spreadable herb cheese and turkey deli meat slices.
15. Toast an English muffin, drizzle with *tomato* sauce, sprinkle with cheese.
16. Enjoy cucumbers and *avocado* slices on a piece of *whole wheat toast*.
17. Parfait: Layer *vanilla yogurt* and fruit in a tall glass. Top with a sprinkle of granola.
18. Toss cooked *pasta* with chopped cucumber, onion, *bell pepper*, balsamic vinegar.
19. Slice up *sweet potatoes*, toss with canola oil and cinnamon yam fries. Dip in peanut butter or almond butter.
20. Roll up two *egg whites* in a whole wheat tortilla with salsa and 1oz cheese.
21. Toss raw kale in a bowl with olive oil and salt. Roast in the oven at 350F for 10-15 minutes for kale chips!

