

# A Month of Healthy Snacks

Week 1	Notes
<p><a href="#">easy white bean dip</a>*</p> <p>sliced bell peppers and carrot sticks</p> <p><a href="#">homemade banana chocolate chip granola bars</a>*</p> <p>hard boiled eggs</p> <p>cantaloupe melon &amp; pears</p> <p>cherry tomatoes</p>	
<p>Week 2</p> <p><a href="#">carrot cake breakfast cookies</a>*</p> <p><a href="#">apple cinnamon cookie energy bites</a>*</p> <p>whole grain crackers &amp; cheddar cheese slices</p> <p>grapes</p> <p>cucumber slices, sugar snap peas</p> <p>raw almonds</p>	
<p>Week 3</p> <p><a href="#">10 minute no-bake granola bars</a>*</p> <p><a href="#">whole grain graham crackers</a>*</p> <p>apples</p> <p>cottage cheese</p> <p>roasted sweet potato rounds</p> <p>sliced bell peppers</p>	
<p>Week 4</p> <p><a href="#">light and fluffy blueberry banana muffins</a>*</p> <p>Greek yogurt</p> <p>fresh berries &amp; orange slices</p> <p>hard boiled eggs</p> <p><a href="#">roasted carrot and garlic hummus</a>*</p> <p>raw veggies for dipping</p>	

\*recipes can be found at [kristineskitchenblog.com](http://kristineskitchenblog.com)