# Real Food Snack Ideas

## Vegetables
- carrot sticks
- sliced bell peppers
- celery sticks
- cherry tomatoes
- cucumber slices
- broccoli
- cauliflower
- roasted sweet potato cubes or rounds
- sugar snap peas

## Fruits
- apples
- pears
- grapes
- fresh berries
- bananas
- orange slices
- mandarin oranges
- peaches or nectarines
- chopped melon
- kiwi
- chopped pineapple
- apricots

## Proteins
- hard boiled eggs
- hummus/white bean dip
- Greek yogurt
- cheese slices
- cottage cheese
- nuts
- peanut butter
- almond butter
- trail mix

## Grains
- homemade granola bars
- breakfast cookies
- healthy muffins
- energy bites
- homemade graham crackers
- homemade granola- serve w/ yogurt or milk
- whole grain waffles
- whole grain crackers
- overnight oats in a jar

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http://kristineskitchenblog.com