



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

Proteins

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

Fruits

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

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