**SNACKS SNACKS SNACKS!!!**

**Here are some healthy ideas of snacks to have on hand at home or in your to-go bag. When you get cravings or in a time crunch, avoid having to stop for fast food or go into a workout without any fuel…**

**Salt cravings:**  
• Pop Chips! 1 serving  
• 1 serving of soy crisps, rice crackers, or baked chips (potato, tortilla, vegetable)  
• 1 serving of pretzels (glutino brand are my favorite, and they’re gluten free!)  
• tomato wedges sprinkled with salt and pepper (maybe over ½ cup low fat cottage cheese)  
• ¼ cup roasted edamame (try wasabi flavor for a spicy kick)   
• ¼ cup plain or flavored almonds (or nut of choice, though almonds are superfood)  
• light mozarella string cheese or Laughing Cow Light cheese wedges   
• 100 calorie mini bag of popcorn (or “skinny pop” sold by the bag)  
• 1/2avocado, drizzled with lime juice and lightly sprinkled with salt (also good over a rice cake)

• hummus and veggies with nut thin crackers (ask me for “yummus”recipes!)

**Sweet treats:**  
• 1 frozen fruit pop or Italian ice   
• frozen banana (blended with a little almond butter or PB2 is like healthy vegan ice cream!)  
• 1 cup berries, grapes, fruit salad or watermelon  
• ½ C pumkin puree w/ ½ C plain nonfat yogurt w/cinnamon (maybe add a few chocolate chips!)  
• Envirokidz bars (healthy low cal rice crispy treats, no marshmallow, yum!)  
• Microwave apple or warm rice/rice milk sprinkled with cinnamon and/or nutmeg  
• self-made pudding: One lowfat hot cocoa packet mixed with 4 oz plain nonfat yogurt   
• 1 oz dark chocolate melted over 5 whole strawberries   
• ¼ cup Chocolate chips (yummy to keep frozen)

**Salty + Sweet Combos**   
• 1 cups kettle corn, or “skinny pop” lightly salty and sweet   
• 10 salted almonds mixed with 2 Tbsp raisins or Craisins   
• 10 small chocolate or yogurt-covered pretzels (glutino also makes these!)  
• rice cakes covered with a thin spread of natural PB/almond better (or nutella)  
• 1 apple with 1 oz. cheese

• salted melon ( a southern tradition)

• ½ baked sweet potato with a little salt, cinnamon, and sugar

• celery with one tablespoon of peanut butter and a few raisins (ants on a log!)

• "caprese"1 oz low-fat mozzarella and 6 fresh basil leaves, on 1cup of cherry tomatoes

• Tortilla wrap turkey with 1 Tbsp hummus, and/or a romaine leaf