**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