



HEALTHY SNACK LIST

Healthy Snack Ideas

- Roasted red peppers with a little bit of goat cheese
- ½ an avocado with balsamic vinegar and oil
- A piece of toast with a teaspoon of peanut butter and topped with sliced bananas
- Small handful of homemade trail mix (I mix almonds, walnuts, cashews, sunflower seeds and a dried fruit (with no added sugar 😊))
- Dried apricots with real peanut butter or almond butter
- Apples sliced and sprinkled with cinnamon
- Cut up vegetables (carrots, peppers, celery, etc) with some hummus
- Celery with peanut butter and topped with raisins (ants on a log)
- Fresh, cut-up mango with a bit of chili powder and lime juice squeezed on top
- Cucumbers dipped into greek yogurt
- Oatmeal (or yogurt) with fruit and nuts on top
- Fruit salad (cantaloupe, apples, blueberries and bananas is a favorite combination of mine!)
- Golden milk (see recipe www.faithfulworkouts.recipe/golden-milk-health-tonic)
- Hard boiled eggs
- A piece of toast with cut up avocado on it (top with salt and pepper and garlic powder)
- A handful of fried fruit (I personally love apple rings)