



## HEALTHY SNACK LIST

- Apples sliced and sprinkled with cinnamon
- 1/2 an avocado with balsamic vinegar and oil
- A piece of toast with a tsp of peanut butter & sliced bananas
- Small handful of homemade trail mix (almonds, walnuts, cashews, sunflower seeds and a dried fruit (no added sugar )
- Dried apricots with real peanut butter or almond butter
- Cut up raw vegetables (carrots, peppers, celery) with 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
- Sliced red peppers and jicama dipped in salsa
- Cucumbers dipped into greek yogurt & dried dill
- Oatmeal (or plain yogurt) with fruit and nuts on top
- Fruit salad (cantaloupe, apples, blueberries, bananas
- Golden milk (see recipe [www.faithfulworkouts.recipe/golden-milk-health-tonic](http://www.faithfulworkouts.recipe/golden-milk-health-tonic))
- Hard boiled egg
- A piece of toast with cut up avocado on it (top with salt and pepper and garlic powder)