

CREAMY

- ½ avocado topped with sliced tomato with basil & sea salt.
- 4 tablespoons of any hummus or bean dip with cherry tomatoes, celery sticks, or sweet potato chips.
- Chia Pudding (Made with 3 tablespoons chia seeds, ½ cup water, cinnamon and coconut milk).
- Green juice with a handful of pumpkin seeds.
- Guacamole on a slice of tomato & cucumber with a dash of cayenne pepper.
- Organic Yogurt with nuts, seeds or granola.
- Raw Avocado Pudding (See www.PureSimpleWellness.com for recipe).
- Smoothie; freeze leftover into popsicles for future use.
- Mashed sweet potatoes with cinnamon and honey drizzle.



CRUNCHY

- Ants on a log—celery with 1 tablespoon nut or seed butter, topped with raisins.
- Apples – cut into bite sized pieces with cinnamon.
- Frozen grapes.
- Kale chips with 2 tablespoons of raw nuts.
- Rice cakes.
- Toasted pumpkin seeds with coconut oil and cinnamon.
- Trail mix: 1 tablespoon flax seeds, 1 tablespoon pumpkin or sunflower seeds, 1 tablespoon goji berries & 1 tablespoon cacao nibs or dark chocolate chips.

Healthy Snack Ideas (cont'd)

SALTY

- 3-ingredient organic tortilla chips with salsa or guacamole.
- Kale or seaweed chips.
- KIND or Lara bar.
- Olives.
- Pickles or pickled veggies.
- Steamed veggies with ghee or tamari sauce.
- Sweet potato chips.



SWEET

- ½ cup of fruit - blueberries, strawberries with ¼ cup pumpkin seeds/ sunflower seeds.
- A small smoothie with an extra boost of protein (add 1 scoop of protein powder or 1 tablespoon tahini or nut butter).
- Apple with 2 tablespoons of nut butter, 1 tbsn of unsweetened coconut & honey drizzle.
- Apples, celery, or carrots with nut butter, sunbutter or tahini.
- Baked Apple or pear with cinnamon and honey drizzle.
- Banana with 1 tablespoons unsweetened nut or seed butter.
- Coconut water with your favorite protein or energy ball.
- Figs or dates stuffed with unsweetened sunbutter, nut butter or tahini.
- Organic yogurt with gluten free, low sugar granola.
- Roasted sweet potato with 1 tablespoons hemp seeds, garlic & sea salt, OR drizzle your sweet potato with 2 tablespoons tahini, cinnamon & nutmeg OR drizzle with coconut oil, salt & pepper.
- Roasted root vegetables with tahini or creamy hemp dressing.
- Unsweetened dried fruit with nuts and/or seeds (portion size is ¼ cup).