

# 10 healthy, no-recipe SNACK IDEAS



**1**

## PROTEIN SNACK PLATE

We got fancy with leftover corn dogs (from the freezer!), but you can pair nuts, seeds, or cheese with fruit & veg and call it a day.

**2**

## SMASHED BANANA + GRAHAM SAMMYS

This is particularly yummy if you freeze the sandwiches for 20 to 30 minutes before serving. You can mash the banana with cinnamon or cocoa too.

**3**

## STUFFED DATES

Super sweet dates are especially delicious stuffed with vanilla and cinnamon spiked cream cheese. Using nut butters is delicious, too, and adds even more protein.

**4**

## CHOCOLATE DIPPED FRUIT

Just melt chocolate chips in the microwave, or get fancy and make homemade chocolate shell. Either way, fruit goes down without complaint and with just a tiny bit of extra sugar.

**5**

## TRAIL MIX

We use this term loosely to mean any combination of nuts, seeds, and fruit pieces, and encourage you to do the same. Throw in coconut, mini chips, or whatever your family loves most for extra fun.

**6**

## PEANUT BUTTER BANANA BITES

Cut a banana into quarters and slice each quarter in half lengthwise. Spread PB (or seed butter!) between two halves and voila!

**7**

## HARD BOILED EGGS

Don't save these just for breakfast! Dab with mayo, roll in Everything Bagel seasoning, drape with ham, wrap in a tortilla – endless options!

**8**

## YOGURT PARFAIT

Layer plain yogurt with maple syrup, honey, jam, cookie crumbs, sprinkles, nut/seed butter, pretzels, mini chips, or all of the above *AND MORE!*

**9**

## DELI ROLL UPS

Don't leave that deli meat and cheese just for sandwiches: layer and roll for a protein-packed snack. Tuck a pickle in there, too, if you're wild. Even easier: use string cheese!

**10**

## SKEWERS — REALLY, ANY KIND.

Stacie's kids love Caprese skewers (mini mozz, cherry tomatoes and basil), while Meghan's like sandwiches cut into small squares and threaded on a stick. You can use tortellini, hot dogs, fruit – nearly anything! – and it's instantly more snackable presented on a skewer. Just go with it!