



TASTY & SIMPLE

SNACK IDEAS FOR YOUR FAMILY

- Yogurt with berries
- Cheese with whole-grain crackers
- Smoothie blended with $\frac{1}{4}$ cup yogurt, $\frac{1}{4}$ cup milk, $\frac{1}{4}$ cup frozen berries & small handful of spinach
- Peeled apple slices with cheese
- Hummus with thinly sliced vegetables, such as cucumbers or bell peppers
- Cottage cheese with diced melon
- Hard-boiled egg with whole wheat toast
- Whole grain cereal with milk
- Sliced banana with nut or seed butter
- Mix $\frac{1}{4}$ cup plain yogurt, $\frac{1}{2}$ avocado & 1 tsp. lemon juice and use as a dip for crackers & veggies
- Cooked oatmeal with cinnamon & sliced bananas
- Avocado half topped with black beans & salsa
- Tortilla roll-up with nut or seed butter & sliced fruit, such as pears or strawberries