

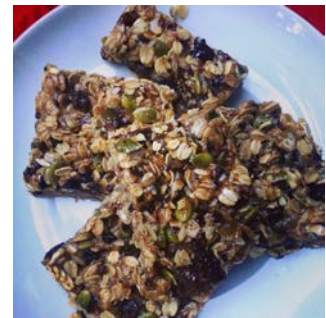


HEALTHY SNACK CHEAT SHEET

- Apples or celery with raw nut or seed butter (tahini, almond, sunflower, etc...)
- Crunchy veggie sticks (cucumber, celery, pepper, etc) and dips (white bean, hummus...)
- Leftover quinoa drizzled with cinnamon; add coconut milk and bananas, heat and enjoy warm oatmeal-like porridge
- Smoothies - mix any of the following: 1 fruit, 2 – 3 leaves of dark leafy greens (kale, spinach, or collards) ice, almond, coconut or hemp milk, protein powder (Vega is preferred brand), carob powder, etc.
- Banana, split lengthwise, with nut butter spread in the middle



- Banana Gluten-Free Oat Muffins
- Power Balls
- Seasonal fruit with sliced almonds on top (or any raw nut for a topping)



- Chopped tomatoes, avocado, onion, olives, and basil – dip veggies into the bruchetta
- Spicy Chickpeas
- Chips, salsa and guac



- Homemade Granola Bars
- Juices - experiment w/combinations
- Trail Mix (raw nuts, seeds, dried fruit, coconut flakes...)