
EASY AND HEALTHY SNACKS

A list of **fast and easy** recipes for anyone who wants to eat healthy



Ants on a Log



Celery, peanut butter, raisins

1. Wash celery
2. Cut celery into medium sized pieces
3. Put peanut butter on celery piece
4. Put raisins on peanut butter
5. **Enjoy!**

Toast with Avocado & Tomato



bread, avocado, tomato

1. Take slice of bread and put in toaster
2. Mash 1/2 an avocado
3. Take slice of bread out of toaster
4. Spread mashed avocado on toast
5. Slice up tomatoes and place on top of avocado toast
6. **Enjoy!**

Peanut Butter Banana Toast



Peanut butter, banana, honey

1. Take slice of bread and put in toaster
2. Take a banana and cut into pieces
3. Take bread out of toaster and spread peanut butter on toast. Then place bananas on top of the peanut butter toast
4. Optional: put a little honey on top of bananas
5. **Enjoy!**

Veggies & Hummus



Raw vegetables, hummus

1. Wash raw vegetables. Use what vegetables you like to eat
 - Examples of vegetables are carrots, celery, peppers, and cucumbers
2. Cut vegetables into small pieces
3. Place cut vegetables on plate. Add hummus on the side of the plate
4. **Enjoy!**

Cheese, Crackers, and Meat



Cheese, crackers, salami

1. Put crackers on a plate
2. Cut cheese into small pieces
3. Place cheese on cracker
4. Cut salami into small pieces
5. Place salami on the cracker and cheese
6. **Enjoy!**

Yogurt & Fruit



Yogurt, fruit, honey

1. Place vanilla or plain yogurt in a bowl
2. Choose which fruit you like.
 - Examples blueberries, strawberries, apple
3. Cut fruit into bite sized pieces
4. Place fruit on top of yogurt
5. Optional: put a little honey on top of fruit
6. **Enjoy!**

Trail Mix



Cashews, chocolate chips, peanuts,
raisins, almonds, m&m's

1. In a bowl place 1/4 cup of each ingredient: cashews, chocolate chips, peanuts, raisins, almonds, and m&m's.
 - You can pick and choose what food items you want in your bowl.
2. Once all ingredients are in bowl use a spoon to stir the ingredients together
3. **Enjoy!**