

Healthy Snack Ideas

- Whole grain crackers spread in bean dip
- Popped popcorn sprinkled with grated cheese
 - Bagel ½ with cream cheese
- Fresh vegetables (carrots, cucumbers, etc) dipped in cottage cheese
- Bananas dipped in yogurt or spread with peanut butter and rolled in granola
- Whole wheat tortillas spread with refried beans and salsa, sprinkled with grated cheese
- Celery sticks with cream cheese or peanut butter, topped with carrots or raisins
 - Fruit juice frozen into cubes
- Whole grain toast with peanut butter and chopped bananas
- Fruit salad with any of the following: raspberries, kiwifruit, strawberries, grapes, watermelon, mango, papaya, apple or banana
 - Rice or popcorn cakes spread with peanut butter or jelly
 - Hot chocolate make with milk and a sprinkle of cinnamon
 - Yogurt with crushed pineapple and/or granola
 - English muffin ½ with spaghetti sauce and grated cheese
 - English muffin ½ with tuna fish and mayo with grated cheese
- Potato ½ broiled and topped with plain yogurt or sour cream and bacon bits.
 - Sliced apples with peanut butter
- Raw vegetables with yogurt dip (just take your favorite dry salad dressing and mix it with plain yogurt)
 - Trail mix with cereal, dried fruit, and nuts or sunflower seeds
- Yogurt grahams (spread fruit yogurt onto a graham cracker, then put a second graham cracker on top, put in plastic wrap and freeze)
 - Peanut butter on crackers
 - Cheese on crackers
 - Vegetables
 - Fruits
 - Hard boiled eggs
 - String cheese
 - Cereal and milk
 - Chocolate dipped bananas or strawberries