



## Healthy Snack List

<p><b>Crunchy</b></p>	<ul style="list-style-type: none"> <li>• apples</li> <li>• frozen grapes</li> <li>• rice cakes</li> <li>• light popcorn or plain popcorn: use coconut oil to pop in a covered pan</li> <li>• one or two hard pretzels, the large Bavarian variety</li> <li>• carrots: particularly the super-sweet, organic baby carrots</li> <li>• crunchy crudités of veggies and dip (hummus, tabouli, vinaigrette, favorite dressing)</li> <li>• celery and peanut butter (use non-hydrogenated peanut butter)</li> <li>• hummus with whole grain toast, baby carrots, rice crackers</li> <li>• nuts</li> </ul>
<p><b>Sweet</b></p>	<ul style="list-style-type: none"> <li>• wheatgrass</li> <li>• fresh, whole fruit</li> <li>• organic yogurt and ripe fruit</li> <li>• apples and almond butter</li> <li>• sprouted date bread with jam</li> <li>• frozen yogurt: freeze yogurt and make your own!</li> <li>• dried fruit</li> <li>• use leftover grains to make sweet porridge: drizzle maple syrup and sprinkle cinnamon, add soymilk and bananas, heat with fruit juice, etc.</li> <li>• smoothies: mix whatever you have in the kitchen – fruit, ice, soymilk, yogurt, carob powder, etc.</li> <li>• fruit “ice cream”: peel a banana, freeze, blend in a food processor with nuts, berries or raisins and serve; can be put through the screen of a juicer for a creamier consistency.</li> <li>• freshly squeezed fruit juices: Make your own and try different combos.</li> <li>• sweet vegetables: yams, sweet potatoes, squashes (acorn, butternut, kabocha) cut into chunks or fries; sprinkle with cinnamon and bake.</li> <li>• dates stuffed with almond butter or other nut butter</li> <li>• organic dark chocolate chips or carob chips</li> </ul>
<p><b>Salty</b></p>	<ul style="list-style-type: none"> <li>• olives</li> <li>• pickles and pickled vegetables, such as carrot, daikon, beets and lotus root</li> <li>• tabouli, hummus</li> <li>• oysters and sardines</li> <li>• steamed vegetables with tamari/shoyu or umeboshi vinegar</li> <li>• tortilla chips and salsa or guacamole: try whole grain chips such as “Garden of Eatin” brand and freshly made salsa or guacamole.</li> <li>• sauerkraut: it will also knock your sweet craving right out!</li> <li>• fresh lime or lemon juice as seasonings or in beverage</li> <li>• salted edamame</li> <li>• small amount of organic cheese</li> </ul>
<p><b>Creamy</b></p>	<ul style="list-style-type: none"> <li>• smoothies</li> <li>• yogurt</li> <li>• avocados</li> <li>• rice pudding</li> <li>• dips and spreads, like hummus and baba ghanoush</li> <li>• puréed soups</li> <li>• puddings made with silken tofu, avocado or mashed banana</li> <li>• mashed sweet potatoes</li> <li>• coconut milk</li> </ul>