

Great Wholesome Snacks!

Fresh fruit

*Apples
Oranges
Grapefruit
Kiwi
Bananas
Pears
Grapes
Kiwi
Berries
Peaches
Plums
Melons
Mango
Pineapple
Papaya*

Fruit salad

Fruit smoothies

Applesauce

Dried fruit

*Raisins
Dates
Apricots
Figs
Prunes
Apples
Papaya
Mango
Pineapple*

Apples with nut butter

Bananas with nut butter

Seeds

*Sunflower seeds
Pumpkin seeds*

Nuts

*Almonds
Walnuts
Pecans
Cashews
Brazil nuts
Pistachios*

Fresh vegetable juice

Raw veggies (plain or with dip)

Baby carrots

Cucumbers

Celery sticks

Cherry tomatoes

Celery sticks with almond butter

Trail mix (dried fruit and nut mixture)

*Raw treats (made from dried fruit,
nuts and/or seeds)*

Raw pies/cookies/desserts

Dates stuffed with nuts

Flax crackers

Veggies with dip

Muesli

Granola

Hot cereal (oatmeal)

Wholegrain cereal

Wholegrain muffins

Wholegrain cookies/bars

*Wholegrain bread/toast- spread with
flax/coconut butter, nutbutter,
all-fruit spread or a mixture of
honey and nut butter*

*Baked chips with salsa, guacamole
and/or hummus*

Hummus with pitas or cut veggies

Popcorn