

# Wholesome Snacks

## **Fresh Fruit**

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

## **Dried Fruit**

Raisins  
Dates  
Apricots  
Figs  
Prunes  
Apples  
Papaya  
Mango  
Pineapple

## **Nuts and Seeds**

Almonds  
Walnuts  
Pecans  
Cashews  
Brazil nuts  
Hazelnuts  
Pinenuts  
Pistachios  
Sunflower seeds  
Pumpkin seeds

## **Fruit and Nut Snacks**

Apple and/or banana  
slices with nut butter  
Fruit salad  
Fruit smoothies  
Applesauce  
Trail mix  
(dried fruit and nut mix)  
Raw treats, cookies,  
pie, etc. (made from  
dried fruit, nuts, seeds)  
Nut-stuffed dates

## **Raw Grain Snacks**

Muesli  
Soaked grain cereal

## **Veggie Snacks**

Fresh vegetable juice  
Salad  
Raw veggies- on their own  
or with dip  
Baby carrots  
Cucumbers  
Celery sticks  
Cherry tomatoes  
Broccoli florets  
Cauliflower florets

## **Cooked Snacks**

Granola  
Hot cereal  
Wholegrain (GF) cereal  
Wholegrain (GF) muffins  
Wholegrain (GF) cookies  
Wholegrain (GF) bread  
(spread with flax/coconut  
butter, nut butter, all-fruit  
spread or a mixture of  
honey and nut butter)  
Wholegrain (GF) crackers  
(plain or with nut butter  
and/or honey)  
Baked chips with salsa,  
guacamole and/or hummus  
Hummus with veggies  
Popcorn drizzled with good  
oils and sea salt