



# 24 Healthy Snack Ideas

## 1 Air popped popcorn

Mist it with soy sauce or Braggs Aminos (found at health food stores) and then sprinkle on your favorite seasoning/spices before it dries. Yummy options include: nutritional yeast, everything spice (like an everything bagel), Lucifer (super spicy!), Cajun spice, lemon pepper, garlic powder, cinnamon and Italian seasoning. You can use flavored salts (jalapeno or dill come to mind) but be aware of the sodium intake. Be creative. Just about anything in your spice cabinet will work.



## Apples 2

Most times of year apples are everywhere. Add some natural peanut butter and you've got a delicious and filling snack.

## 3 Bananas

I (Dr Robyn) happen to love sliced banana with peanut butter, apricot preserves (yes, a little sugar there) and cinnamon rolled in a warm tortilla. Mmm – I might need to eat that today!



## Fresh berries 4



These can be a little bit challenging to eat because the little buggers roll away from you. But they are easy to put in a container and take with you pretty much anywhere.

## 5 Actually fruit of any kind

It's all good for you. Have some!



## Hummus on anything 6



Veggies, whole-wheat bread/toast, in a wrap with some lemon pepper seasoning, on a baked potato or a sweet potato (of course you made extra the last time you made potatoes, right?), mixed in with quinoa, barley, bulger or other grain or just by it self! (click here to watch me make my recipe)

## 7 Guacamole On anything

(see list above)



## Nuts 8



Walnuts, pecans, cashews, almonds (raw, unsalted of course). They are all wonderful snacks and they are good fat. (If you are worried about fat intake may I be so bold as to suggest you look at the animal products you are taking in rather than the lowly nuts?) If you want some sweetness, add some dried fruit.



## Dried Fruit **9**

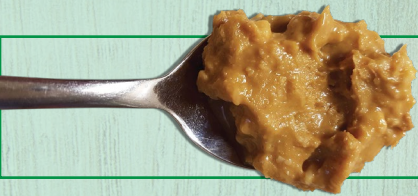
Look for dried fruit without added sugar. Raisins, prunes, figs and dates are usually safe bets. We were even able to find dried mangos over the summer.

## **10** Pumpkin seeds

Raw and unsalted these are a wonderful snack. Eat them one at a time if you want to eat for a long time or toss a handful in your mouth as you're walking out the door. Good stuff!



## Peanut butter all by itself **11**



You are a grown up. Eat peanut butter out of the jar if you want. Just don't eat the whole jar.

## **12** Cucumber slices with grapes

Bonus with this one, hydration!



## Toast/wrap with peanut butter and honey **13**



Obviously this is a sweet snack so not every day. You can even add flaxseed, pumpkin seeds or chia seeds for added nutrition and fiber. If you're an ethical vegan, use maple syrup instead. Mixed nuts in a glass bowl (although that is even messier than honey, if that is possible).

## 14 Peanut butter and celery

Did your mom make this for you when you were a kid? Newsflash, it's still good. Line some raisins up on the peanut butter for some sweetness and just for the fun of it.



## Flaxseed mixed with honey 15 or maple syrup



I have not tried this one yet. But someone recommended it in a group I'm in. I wouldn't eat more than a spoonful. But if you're looking for something sweet, this would do it and give you some nutrition along the way.

## 16 Roasted chickpeas

Drain a can of chickpeas and rinse. Sprinkle with garlic granules, smoked paprika, chili powder, a little sea salt if you'd like. Set toaster oven (or oven) to 400 and roast on a baking sheet for 20-30 mins, moving them around every so often to crisp up all the way around. Turn off oven and leave in there for 15 more mins. That's when they really get crispy. (Full disclosure, I don't love roasted chickpeas. But some people swear by them. So, there you have it.)



## Pureed pumpkin 17



Yep another thing you can eat right out of the can. Check the ingredients to make sure it just says "pumpkin." Then sprinkle cinnamon or pumpkin spice on it as you go (you have to really like pumpkin for this to be a snack).

## 18 Dates filled with peanut butter

These are a bit messy to make. But if you like dates, worth it!



## Grapes 19

Fresh or frozen



## 20 Veggies on toast or in a wrap

Pick your favorites. I like peppers, a bit of onion, tomatoes, avocado and spinach or kale. Add a bit of Sweet Mustard Spread and you have a snack. Don't overfill it (I always do) and you might actually be able to eat it with one hand.



## Chopped dates, nut butter and a bit of raw cacao

21



Mix and enjoy. If your palate is still used to the sweetness of the Standard American Diet, this might take some getting used to. But it really is good.

## 22 Edamame (organic)

Yes, it's soy. No, you don't have to be scared of it. It's just a bean. But if you are salting it, be aware of your sodium intake.



## 23 Frozen corn

This one might just be me. But I happen to like eating frozen corn. I just get a little bit out at a time so it doesn't thaw before I can eat it.



## Nice Cream 24

Freeze two or three bananas. Put them in a food processor or high-speed blender. Process until smooth (add a little plant milk or water if needed). Add another frozen fruit of your choice (we like cherries) and a teaspoon of vanilla extract and process again. If you'd like it a little sweeter, add a tablespoon or two of maple syrup. If you want a chocolate flavor, add up to a tablespoon of cocoa powder (optional). Make sure it's creamy smooth and enjoy right away.



[WholeFoodMuscle.com](http://WholeFoodMuscle.com)



© 2019 RnR Journey LLC