

## Smart Snacking Strategies

Nourish your body and get a boost of energy from these easy, sweet or savory snack ideas

### **If you are looking for something sweet, try:**

- Apple or Banana with 1 Tbsp nut butter
- ½ cup unsweetened yogurt mixed with ½ cup fruit (can be fresh, frozen or canned)
- No-bake Energy Bites (see recipe below)
- ½ cup Cottage cheese topped with ½ cup fruit (can be fresh, frozen or canned)
- Trail mix – combine 2 Tbsp nuts + ½ cup whole grain cereal + ¼ cup dried fruit

### **If you are looking for something savory, try:**

- Vegetables with 2 Tbsp hummus or guacamole
- ½ cup Cottage cheese with tomatoes and cucumbers
- ½ cup edamame
- 1 slice Whole grain toast topped with hard cooked egg and avocado
- 2 cups plain popcorn mixed with ¼ cup nuts; sprinkle your favorite spice mix on top



### **No-Bake Energy Bites**

Yield: 15-20 bites

Source: Savor Health

#### Ingredients:

- 1 cup old fashioned oats
- ½ cup peanuts, chopped (or other nuts)
- ½ cup peanut butter (or preferred nut butter)
- ⅓ cup honey or maple syrup or agave
- 1 Tbsp chia seeds or flaxseeds (optional)
- ⅓ cup dried cranberries or raisins

#### Instructions:

1. Combine all ingredients in a large bowl.
2. Refrigerate for at least 1 hour.
3. Roll into 1" bites. Chill until firm.

#### **Substitutions:**

- Add other nuts, seeds, chocolate chips, dried fruit, or unsweetened coconut you have on hand.

#### **Notes :**

- Store in the refrigerator for up to 5 days.

