

# Healthy Snack Combos



| Nutrition Facts |            |
|-----------------|------------|
| Calories        | <b>194</b> |
| Total fat       | 9 gm       |
| Sat fat         | 2 gm       |
| Sodium          | 30 mg      |
| Tot Carb        | 6 gm       |
| Fiber           | 6 gm       |
| Sugars          | 3 gm       |
| Protein         | 18 gm      |



1 container **Dannon Two Good Plain Greek Yogurt**



1 heaping Tbsp **Slivered Almonds**



1/2 cup **Raspberries**

| Nutrition Facts |            |
|-----------------|------------|
| Calories        | <b>200</b> |
| Total fat       | 8 gm       |
| Sat fat         | 2 gm       |
| Sodium          | 46 mg      |
| Tot Carb        | 29 gm      |
| Fiber           | 4 gm       |
| Sugars          | 23 gm      |
| Protein         | 4 gm       |



1/2 medium **Apple**, 1 Tbsp **Peanut Butter**, 2 Tbsp **dried Cherries**

(warm up peanut butter as a drizzle!)

| Nutrition Facts |            |
|-----------------|------------|
| Calories        | <b>169</b> |
| Total fat       | 8 gm       |
| Sat fat         | 0 gm       |
| Sodium          | 310 mg     |
| Tot Carb        | 21 gm      |
| Fiber           | 8 gm       |
| Sugars          | 9 gm       |
| Protein         | 5 gm       |



8 **Celery Sticks**



12 **Baby Carrots**



4 Tbs **Hummus**

| Nutrition Facts |            |
|-----------------|------------|
| Calories        | <b>191</b> |
| Total fat       | 5 gm       |
| Sat fat         | 1 gm       |
| Sodium          | 95 mg      |
| Tot Carb        | 27 gm      |
| Fiber           | 8 gm       |
| Sugars          | 17 gm      |
| Protein         | 10 gm      |



3/4 cup **plain Kefir**



2 tsp **Chia Seeds**



3/4 cup **Frozen Berries**

Blend berries, chia and Kefir into a smoothie

| Nutrition Facts |            |
|-----------------|------------|
| Calories        | <b>210</b> |
| Total fat       | 3 gm       |
| Sat fat         | 1 gm       |
| Sodium          | 130 mg     |
| Tot Carb        | 35 gm      |
| Fiber           | 2 gm       |
| Sugars          | 14 gm      |
| Protein         | 10 gm      |



1 container **Oatmilk Yogurt**



1 Tbsp **PB2 Powder**



1 **Graham Cracker**

Blend PB2 powder in Oatmilk and crumble or dip graham crackers

See reverse for addition ideas and mindful snacking approaches