

# Snappy Snacks



## Pretzels

Dipped in hummus or salsa



## Banana & peanut butter on graham crackers

Spread thin layer of peanut butter on graham cracker and top with sliced banana "coins".



## Applesauce and cheese sticks

Try combining the two by dipping the cheese into the applesauce!



## Homemade Trail Mix

Mix together a handful of each: nuts, raisins, and chocolate chips



## Yogurt and berries with cereal

Into a bowl, pour yogurt, a handful of berries and a handful of cereal. Mix together and enjoy!



## Oatmeal raisin cookie

With a glass of milk or dipped in yogurt



## Ants on a Log

Spread peanut butter on pre-cut carrot or celery sticks. Line up raisins and/or cranberries on top.



## "Frozen Yogurt"

Place refrigerated yogurt in the freezer for 20-30 minutes then add fresh berries, banana or dried fruit.



## A mini whole wheat bagel

With cream cheese and fruit spread or with hummus



## Granola bar

With milk or top with a spread of peanut butter