

Unlock Better Health's Healthy Snack List

Crunchy	<ul style="list-style-type: none"> • apples • frozen grapes • rice cakes • light popcorn or plain popcorn: use coconut oil to pop in a covered pan • one or two hard pretzels, the large Bavarian variety • carrots: particularly the super-sweet, organic baby carrots • crunchy crudité's of veggies and dip (hummus, tabouli, vinaigrette, favorite dressing) • celery and peanut butter (use non-hydrogenated peanut butter) • hummus with whole grain toast, baby carrots, rice crackers • nuts
Sweet	<ul style="list-style-type: none"> • wheatgrass • fresh, whole fruit • organic yogurt and ripe fruit • apples and almond butter • sprouted date bread with jam • frozen yogurt: freeze yogurt and make your own! • dried fruit • use leftover grains to make sweet porridge: drizzle maple syrup and sprinkle cinnamon, add soymilk and bananas, heat with fruit juice, etc. • smoothies: mix whatever you have in the kitchen – fruit, ice, soymilk, yogurt, carob powder, etc. • fruit "ice cream": peel a banana, freeze, blend in a food processor with nuts, berries or raisins and serve; can be put through the screen of a juicer for a creamier consistency. • freshly squeezed fruit juices: Make your own and try different combos. • sweet vegetables: yams, sweet potatoes, squashes (acorn, butternut, kabocha) cut into chunks or fries; sprinkle with cinnamon and bake. • dates stuffed with almond butter or other nut butter • organic dark chocolate chips or carob chips
Salty	<ul style="list-style-type: none"> • olives • pickles and pickled vegetables, such as carrot, daikon, beets and lotus root • tabouli, hummus • oysters and sardines • steamed vegetables with tamari/shoyu or umeboshi vinegar • tortilla chips and salsa or guacamole: try whole grain chips such as "Garden of Eatin'" brand and freshly made salsa or guacamole. • sauerkraut: it will also knock your sweet craving right out! • fresh lime or lemon juice as seasonings or in beverage • salted organic edamame • small amount of organic cheese
Creamy	<ul style="list-style-type: none"> • smoothies • yogurt • avocados • rice pudding • dips and spreads, like hummus and baba ghanoush • puréed soups • puddings made with silken tofu, avocado or mashed banana • mashed sweet potatoes • coconut milk