

Building Better Snacks



If you are anticipating a long stretch of time between meals, consider adding a healthy snack to your day to help satisfy your hunger and boost your daily nutrient intake. Rather than reaching for the chips or cookies, grab one of these tasty, nourishing mini-meals instead.

Build a Better Snack in 3 Steps


01
Choose a lean source of protein that contains at least 5-10 grams of protein per serving

02
Add a good source of fiber like whole grains, fruits, or vegetables

03
Try to include a healthy fat like seeds, nuts, nut butter, or avocado

Mini-Meal Combinations

- One whole-wheat tortilla with 1/4 cup black beans and sliced avocado
- 1 tbsp. of peanut, almond, or other nut/seed butter with apple or pear slices
 - 6 oz. low-fat Greek yogurt with 1 tbsp. chia seeds and berries
 - Handful of raw veggies with 1/4 cup hummus
- 1 sliced hard-boiled egg on a slice of whole-wheat toast with guacamole



Chocolate, Date and Walnut Energy Bites

Ingredients

1 cup walnuts

1 cup dates (use Medjool dates and be sure pits are removed)

1 tablespoon 100% cocoa powder

Directions

Place all ingredients in a food processor. Blend until smooth. Using a heaping teaspoon, roll into bite size pieces. Store in a sealed container in the refrigerator. Makes 16 bites.

Serving size is 2.

Servings: 8