

# Mini-Meal Snacks

What's a mini-meal snack? Rather than eating your snack from a box or a bag, combine whole foods that give you fiber, protein, and healthy fats to create a "mini-meal". These snacks will not only satisfy your between-meal hunger, but they are also nutritionally balanced to fuel your busy day. Feel free to mix and match any of these ideas to make your own snacks.

## Sweet Pairings

1 tbsp. of nut/seed butter (peanut, almond, sunflower) with a sliced apple or pear

6 oz. plain low-fat Greek yogurt with chopped walnuts and a drizzle of honey

**Smoothie:** Blend together 6 oz. plain low-fat Greek yogurt, 1/2 cup frozen berries, 1/2 banana, a handful of baby spinach

2 brown rice cakes with 1 tbsp. nut/seed butter topped with sliced banana. Sprinkle with cinnamon.

1 sliced banana on a whole wheat tortilla spread with 1 tbsp. nut/seed butter

Top a large cantaloupe wedge with 1/2 cup cottage cheese and sprinkle with 1 tbsp. ground hemp seeds

Fruit and nut bar (e.g. KIND, Larabar, or Rx bars)

1 sliced apple dipped in 1/2 cup low-fat vanilla yogurt

1 slice of whole-wheat bread with 1 tbsp. nut/seed butter and 1 tbsp. jam/jelly

Palmful of peanuts with 1 tbsp. dark chocolate chips

## Savory Pairings

One whole-wheat tortilla with 1/4 cup black beans, avocado slices and salsa

Low-fat cheese stick with whole-grain crackers like Triscuits

2 eggs scrambled with sautéed mushrooms, onions, and herbs

1/2 whole-wheat pita with sliced avocado, chopped grape tomatoes, and lime juice

Handful of raw veggies with 1/4 cup hummus

Handful of dry-roasted edamame with low-sodium V-8 juice

1 serving of blue corn tortilla chips topped with shredded cheese and salsa

1/4 cup hummus with 1 serving of whole-grain pita chips

A serving of popcorn mixed with a small palmful of unsalted almonds or sunflower seeds

# 5 Snack Staples to Build Your Mini-Meal Snacks

1. Pre-portioned items make snack time easy. These **JOLLY TIME Healthy Pop** individual bags of popcorn can be easily popped in the microwave and the best part is that you can eat the whole bag!



3. When choosing nut butters, look for ones that list *only* one ingredient (+/- salt). Avoid those with added fats and sugar. Try **Smuckers® Natural Creamy Peanut Butter**.

4. **Triscuit** is a great whole-wheat snack cracker. They are rich in dietary fiber and contain 4% of the daily allowance of iron. Look for the *Hint of Salt* variety to keep sodium lower.

2. **KIND®** makes delicious fruit and nut bars that are a great option for on-the-go snacks. They have very little added sugar and are full of healthy fat and fiber. This will help you feel full and satisfied as you go through your day. Try KIND minis if you need a smaller snack.

5. These blue corn chips contain 20% more protein than chips made from white corn. In addition, they are a good fiber source. Try **Food Should Taste Good Blue Corn Tortilla Chips**.

