

Healthy Snack Combinations



A healthy snack combination includes complex carbohydrates (fresh fruits, veggies, or whole grains) as well as some lean protein. The carbohydrates give your body immediate energy and nutrients while the protein gives you a lasting, satisfying fullness as well as the building blocks your body needs to stay healthy.

Enjoy one of these healthy, delicious options for your next snack. Choose one protein plus one of the options below it...

Dairy

- 1/2 cup 2% cottage cheese **WITH...**
 - 1 cup cantaloupe or 1/2 cup pineapple or 1 fresh whole fruit **OR**
 - 1/4 cup salsa mixed in *PLUS* fresh cut veggies, such as cut bell pepper or cucumber spears (Scoop the cottage cheese 'dip' up with the veggies!)

 - 1/2 cup Ricotta cheese **WITH...**
 - 1 bell pepper, sliced into quarter. Divide ricotta cheese between the bell pepper "boats" and sprinkle with ground black pepper.
 - 1-2 Tbsp unsweetened cocoa powder and 1 tsp honey or maple syrup mixed in *PLUS* fresh fruit.
 - Mix 1/3 ricotta cheese with 1-2 Tbsp hummus for a delicious high protein veggie dip!

 - 6 oz Greek Yogurt **WITH...**
 - 1/2 - 1 cup blueberries and/or raspberries (Fresh or frozen)
 - 1 banana – mash it into plain yogurt for natural sweetness
 - 2 Tbsp Toasted Wheat Germ mixed into any flavor (Skip the granola!)
 - 1 Tbsp peanut butter (or any nut butter) mixed into vanilla yogurt
 - 1/2 tsp honey or maple syrup along with cinnamon plus 1 Tbsp chia seeds or ground flax

 - 1 oz cheese stick (or 1 slice of cheese) **WITH...**
 - 1 fresh whole fruit or 3/4 cup grapes
 - 1 bag of cut veggies: sugar snap peas, baby carrots, bell peppers, or jicama
 - 1 whole wheat English muffin (melted on top tastes great!)

 - Mini Egg Omelet (1-3 eggs, depending on your needs) **WITH...**
 - 1 piece of fruit
 - 1 whole wheat English muffin with 1/2 oz cheese or 1 Tbsp parmesan
 - Recipe for 3 Mini Omelets: Whisk together 3 eggs plus 6 egg whites. Add in 1 – 1.5 cups veggies, salt and pepper. Pour into 3 muffin tin cups (to make 3 mini omelets), then sprinkle each with parmesan cheese (about 2 Tbsp total). Bake for about 20-30 minutes, or until the eggs are set. Keep in the refrigerator and use through the week!
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Nuts

- 1 – 2 Tbsp nut butter (peanut, almond, or sunflower) **WITH...**
 - 1 serving whole grain crackers (look for fiber-rich, minimal ingredients)
 - Spread on a banana or apple
 - 3-4 Dates (cut open the dates and fill with nut butter. So Good!)
 - 1 whole wheat English Muffin
- 1/4 cup nuts (almonds, walnuts, pistachios, peanuts, pecans, etc) **WITH...**
 - 4 – 5 dried figs or dried apricots or prunes
 - 1/4 cup raisins or dried cherries (try to find no sugar added cherries)
 - 1 fresh fruit or 1 cup chopped melon
 - 2-3 cups air-popped popcorn
- Apple Salad: 1 chopped apple mixed with 2 Tbsp walnuts, 1 Tbsp raisins, 2-4oz Greek yogurt, plus a dash of cinnamon.
- Cucumber Salad: 1/2 a cucumber (chopped), 1 Tbsp rice wine or red wine vinegar, 1 Tsp olive oil, 2 tsp sesame or sunflower seeds.

Beans

- 1/4 - 1/3 cup hummus **WITH...**
 - 1 cup fresh veggies such as baby carrots, sugar snap peas, celery, cucumber spears, broccoli florets, cauliflower florets, etc.
- 3/4 - 1 cup Bean Salad
 - Bean Salad Recipe: 1 (15oz) can chickpeas, 1 (15oz) can black beans, 1 cup corn kernels, 1 cup chopped carrots, 3 Tbsp olive oil, 3 Tbsp red wine vinegar, 2 tsp Italian seasoning (optional), salt & pepper.
 - Drain and rinse beans. Toss all ingredients together in a bowl. 1 serving is 3/4 to 1 cup. Keep in the refrigerator in a Tupperware container for a quick snack throughout the week!
- 1/2 cup shelled Edamame (if frozen, defrosted or microwaved for 1 minute) **WITH...**
 - 1/3 cup black bean salsa PLUS 2-3 Tbsp plain Greek yogurt – all mixed together.
 - Or just 1/2 to 1 cup edamame in the shell with a small sprinkle of salt!

Smoothie Recipes (for slightly larger snacks)

- Chocolate De-Light: 1/2 cup milk (or milk alternative), 1/2 cup silken tofu (or 4oz Greek yogurt), 3 Tbsp unsweetened cocoa powder, 1/2 banana.
 - Avocado Freeze: 1/2 avocado, 1 Tbsp lemon juice, 1 cup frozen cherries, 1 cup orange juice.
 - Berry-Licious: 1/2 cup milk (or milk alternative), 1/2 cup frozen berries, 1 scoop vanilla or chocolate protein powder, 1 Tbsp toasted wheat germ.
 - Pumpkin Spice: 2/3 cup orange juice, 1/2 cup Greek yogurt (vanilla or plain), 1/2 cup canned pumpkin, 1/2 medium banana (frozen!), 2 tsp honey or maple syrup, 1/2 tsp vanilla extract, 1/4 tsp cinnamon.
 - Green Monster: 1 cup frozen blueberries, 1/2 cup Greek yogurt (vanilla or plain), 1/2 cup juice or milk alternative, 1/2 banana, 1 cup packed fresh baby spinach.
 - Peanut butter Paradise: 1/2 cup milk (or milk alternative), 1/2 cup silken tofu (or vanilla or plain Greek yogurt), 2 tsp peanut butter, 1 banana, 2 Tbsp unsweetened cocoa powder (optional).
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