



22 FAST AND EASY SNACKS

Feeling hungry? Eating a balanced snack (a snack with foods containing a mix of protein and carbohydrates) can perk you up in the day and help your muscles repair tissue and refuel after you MOVE. And sometimes we simply need a snack to recharge our energy levels! Try these **22** fast, easy, and tasty snacks to boost your **2211** EAT plan.

- Hummus with a whole grain pita and carrot sticks
- Grapes and cottage cheese
- Celery topped with nut butter and raisins
- A parfait with yogurt, sliced bananas, and granola
- String cheese, whole grain crackers, and a clementine
- A smoothie made with your favorite milk, ice, and frozen berries
- Tofu mashed with Thai chili sauce; add a whole grain pita and broccoli pieces
- A handful of your favorite nuts with a handful of your favorite dried fruit
- A whole grain granola bar or breakfast bar spread with peanut butter
- A protein bar with 100% fruit juice
- A tortilla roll-up with sliced turkey, cheese, tomatoes, cucumbers, and spinach
- A small salad with a hard boiled egg and veggies
- Tofu blended with fruit preserves or jam with a apple or pear slices
- Roasted chickpeas with a sliced orange
- Edamame guacamole with tortilla chips and cucumber slices
- Cottage cheese mixed with pumpkin seeds and chopped red pepper pieces
- A carrot-bran muffin with your favorite milk
- Falafel with yogurt/dill sauce and tomatoes
- Tuna salad in lettuce cups
- Veggie jerky or beef jerky with 100% juice
- Black bean dip with tortilla chips and sliced veggies
- Chocolate milk and a banana

