



HEALTHY SNACK OPTIONS

Applesauce	CLIF Bars	Hard Boiled Eggs
Pickled Veggies	Hummus & Pita	Dried Fruit
Turkey Cheese Roll Ups	Organic Z-Bars	Natural Cheese
Oat & Seed Butter Energy Bites	Avocado Toast	Goldfish Crackers
Pirate's Booty	Cucumber Tea Sandwiches	Whole Fruit
Chia Seed Pudding	Whole Grain Crackers & Cheese	Cottage Cheese
Veggie Straws	Unsweetened or Honey Greek Yogurt	Animal Crackers
		Whole Grain Muffins

Chia Seed Pudding Recipe

Chia Seeds: 1/4 cup chia seeds

Liquid: 1/2 to 1 cup of milk (dairy, oat, coconut)

Sweetener: 1-2 teaspoons honey, or agave.

Flavoring (Optional): 1/4 teaspoon vanilla extract, a pinch of salt, or cinnamon.

Popular Additions & Toppings

Fruits: Berries, bananas, mangoes, or fruit purées.

Richness: Nut butters, yogurt, or cocoa powder.

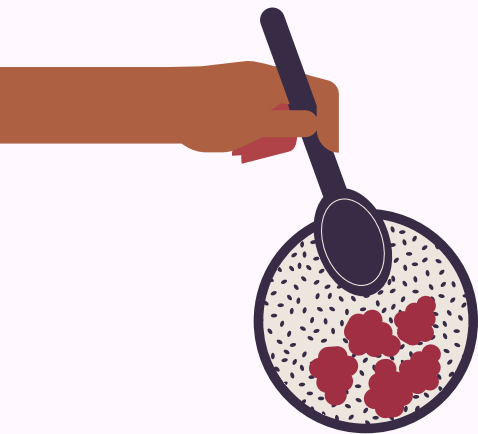
Basic Preparation

Combine chia seeds, liquid, sweetener, and flavorings in a jar or bowl.

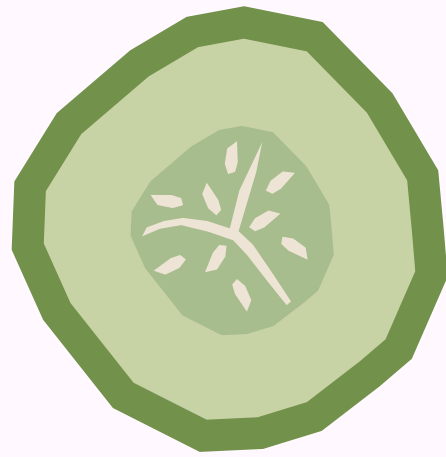
Whisk or stir well to prevent clumps. Let sit 10 minutes, then whisk again.

Refrigerate for at least 4-6 hours, or ideally overnight, until thick and pudding-like.

Add toppings just before serving.

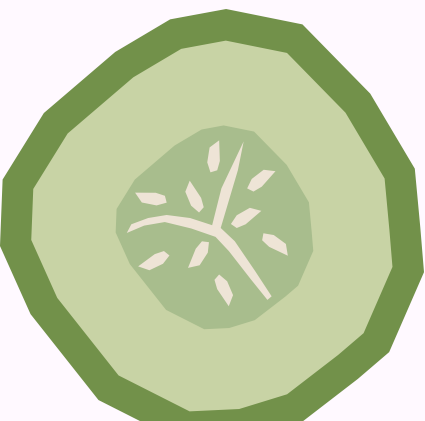


Cucumber Tea Sandwiches



- 2 ounces cream cheese, at room temperature
- 1 tablespoon low-fat plain Greek yogurt
- 1 tablespoon sliced fresh chives
- 1 tablespoon chopped fresh dill
- ¼ teaspoon ground pepper
- 2 slices whole-wheat sandwich bread
- ⅓ cup thinly sliced English cucumber

Stir 2 ounces cream cheese, 1 tablespoon yogurt, 1 tablespoon chives, 1 tablespoon dill and ¼ teaspoon pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with ⅓ cup cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.



Oat and Seed Butter Energy Balls



- 5 cups rolled oats
- 2 cups dried cranberries (or any dried fruit, or even half dried fruit and half chocolate chips!)
- 2 cups Creamy SunButter
- 1 cup honey
- 1 tsp cinnamon
- 1/2 tsp salt

1. In a small saucepan, heat the sweetener and SunButter stirring frequently until melted and smooth.
2. In a large mixing bowl, stir together the oats, dried fruit, cinnamon, and salt.
3. Pour the SunButter mixture over the dry ingredients and mix (hands work best).
4. Roll into balls (about 1 tablespoon of dough per ball).
5. Refrigerate for at least 30 minutes until firm.
6. Enjoy!
7. Keep in the fridge in an airtight container for up to a week, or freeze for longer storage.