

# Satisfying Snack Ideas

Balanced, planned snacks are critical for controlling blood sugar and improving energy and mood between meals. A balanced, satisfying snack typically includes a carbohydrate containing food plus a source of protein and/or fat. An easy rule of thumb is one serving of food from two different food groups.

- Spread a banana with peanut or almond butter and top with chocolate chips or sprinkle with cocoa powder
- Top a cup of yogurt with a handful of granola
- Spread rye crispbread crackers with cream cheese, sliced tomato, salt and black pepper
- Toss goldfish or cheese crackers with a handful of peanuts or almonds
- Make an easy smoothie with frozen fruit, yogurt and milk
- Drizzle melted chocolate over berries
- Spread toast with whole grain mustard and top with canned tuna or salmon and drizzle of olive oil
- Stuff pitted dates with nut butter or goat cheese
- Make savory ants on a log by filling celery sticks with hummus and chopped kalamata olives
- Top tortilla chips with shredded cheddar cheese. Toast or microwave and serve with salsa.
- Make a cookie sandwich with a couple chocolate chip cookies and peanut butter
- Top rice cakes with mashed avocado and hot sauce
- Make a quick crunchy trail mix with nuts and freeze dried or dried fruit and coconut chips
- Mix black beans, corn, and diced avocado with lime juice and cilantro for a quick salsa to serve with tortilla chips

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- Top a tortilla with shredded cheese, fold and microwave to make a quick quesadilla
- Potato chips with yogurt dip
- Toss chunks of watermelon with feta cheese and chopped mint or basil
- Enjoy roasted chickpeas with a handful of baby carrots
- Make a hummus and veggie roll-up by spreading a tortilla with hummus, filling with vegetables like spinach, shredded carrots, and cucumber and rolling up
- Make a snack plate with a hard boiled egg, sliced fresh fruit and diced avocado
- Top popcorn with grated parmesan cheese
- Top wheat crackers with deli turkey and a pickle slice
- Enjoy cottage cheese topped with diced pineapple
- Toss cherry tomatoes with mozzarella balls and basil, and drizzle with olive oil and balsamic
- Toss popcorn with nuts and dried cranberries
- Dip cucumber rounds in guacamole
- Enjoy pretzels tossed with chocolate chips
- Make a packet of instant oatmeal and top with nut butter
- Have a "fancy" snack of good cheese with crackers and jam
- Pair a hard boiled egg with fresh fruit