

# Snack Smart

## Instead of fruit-flavored snacks ...

### ★ Make Fruit Salad

- Wash and peel a variety of colorful fruits.
- Cut fruits into bite-size pieces. Combine in a large bowl.
- Cut a lime in half. Squeeze the juice over the fruit.
- Drizzle a Tablespoon of honey if you like.
- Stir ingredients to combine and enjoy!



## Instead of snack or energy bars ...

### ★ Make Banana Crunch

- Mash a large, ripe banana in a bowl.
- Add ¼ cup of granola.
- Add a dash of cinnamon.
- Mix ingredients together.
- Spread mixture onto whole wheat wafers or graham crackers and enjoy!

### ★ Make Avocado Crunch

- Mash a ripe avocado in a bowl.
- Add juice from half a lemon, 2 teaspoons of sunflower seeds, and a pinch of salt.
- Spread over whole wheat crackers. Or, eat with vegetable slices.

## Instead of peanut butter crackers ...

### ★ Make Peanut Butter Sticks

- Wash and cut celery into short sticks.
- Spread a thin layer of peanut butter onto celery sticks.
- Top peanut butter with raisins and enjoy!

