

Snack Attack!

When choosing snacks, look for ones with protein and fiber to keep your energy up. Many packaged snacks are high in sodium and sugar. Snacking adds nutrients between meals, helps you concentrate, and can help you feel less hungry until your next meal.



Spring rolls

Roll chopped veggies, rice noodles, and your protein of choice in rice paper.



Peanut butter and banana on a slice of whole grain toast



Hummus & veggies

Make your own hummus on the cheap! Mix chickpeas, tahini, garlic, olive oil, and lemon juice in a food processor or blender until smooth.



Apples & cheese



Make your own popcorn seasoned with your favorite flavors!

Here are some of ours:

- **Churro:** Cayenne, cinnamon, sugar
- **Dorito:** Nutritional yeast, garlic powder, onion powder, cumin, paprika, chili powder, cayenne
- **Apple Pie:** Vanilla, cinnamon, nutmeg, allspice, ginger, cardamom
- **Italian:** Rosemary and parmesan cheese
- **Sweet & Spicy:** Cumin, coriander, turmeric, ginger, cinnamon, cayenne, brown sugar



Crispy chickpeas

Mix cooked chickpeas with your favorite spices and a little oil, and roast at 375°F for 45 minutes, mixing halfway through.