

EAT YOUR VEGGIES!

Snack Idea List



DIPS & SPREADS

Chopped Veggies with Hummus

Bruschetta on a Seedy Bread

Pesto on some Seedy Crackers

Chickpea Salad on Celery or Cucumber

Guac and Salsa with Tortilla Chips

FRUIT FOCUSED

Frozen Grapes

Fruit Salad

Blueberries and Chia Pudding

Pureed Fruit Popsicles

Apple slices with Nut or Seed Butter

Blended Banana Icecream

Smoothie Bowl



LITTLE BIT FANCY

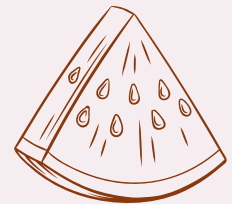
Veggie Sushi

Veggie Filled Fresh Spring Rolls

Watermelon with Fresh Basil and a Squeeze of Lime

Edemame

Fruit Rolls in Rice Paper



AND THE REST!

Kale Chips

Zucchini Chips

Celery with a Nut or Seed Butter

Veggie Filled Quesidillas

Sweet Potato Air Fryer Fries