

Food is Fuel – Snack Options

1. ½ cup Nuts and ½ cup Berries or 1 piece of Whole Fruit

- **Nuts:** Look for Raw, or Dry Roasted Unsalted – any assortment; Substitute for 2 Tbsp of a Nut Butter – only ingredient should be the actual nut.
- **Fruit:** Consult the Dirty12/Clean15 list for what to buy organic.

2. ¼ cup of Hummus with any Veggies

- **Hummus:** Check your ingredient labels; can also sub for Guac (we like [Wholly Guacamole](#) available at Costco), or try this [Sunshine Sauce](#).
- **Veggies:** Again, consult the Dirty12/Clean15 for what to buy organic. Choose any variety of Broccoli, Carrots, Celery, Cucumber, Jicama, Peppers, Snap Peas, Tomatoes, etc.

3. Mix and Match Smoothie

- 4-6oz of a Liquid Base: water, milk (dairy, coconut, almond, flax seed), coconut water, green tea, etc.
- Spoonful of Nut Butter (almond, peanut, cashew, sunflower).
- 2 handfuls of Spinach or other leafy greens.
- 1 cupped handful of Fruit – fresh or frozen berries or banana work well.
- OPTIONAL: Protein Powder

4. Make your own Granola

- The [Minimalist Baker](#) has several recipes; we like the Chunky Coconut.
- Delicious on its own, or try ½ cup with ½ cup of berries

5. 1 Larabar

- Most of the bars include only fruit and nuts, but read the ingredient list to be sure!
- Some of our favorite flavors: Cashew Cookie, Coconut Cream Pie, Blueberry Muffin, and Carrot Cake.