

Here are Easy, Healthy Snacks

to share with you clients

FRUIT AND YOGURT PARFAIT

rich in vitamins and calcium

Layering fruit with low-fat yogurt. Consider using berries, bananas, or even granola.

VEGGIE STICKS WITH HUMMUS

refreshing, fiber-packed

Choose veggie sticks like carrots, cucumbers, or bell peppers paired with a side of hummus.

APPLE SLICES WITH ALMOND BUTTER

mix of sweet and savory

Slice up an apple and serve it with a spread of almond butter.

NUTRITIOUS ENERGY BALLS

indulgent yet healthy

Mix together rolled oats, nut butter, honey, and your choice of chia seeds or dark chocolate chips. Roll the mixture into small balls and refrigerate.

ADD YOUR OWN SNACK

Talk with your client and add another recipe

