

# THE BIG LIST OF PRODUCE + PROTEIN SNACKS. YUM.

## SAVORY P+P SNACKS

beet chips + tahini drizzle  
broccoli + quick peanut sauce (peanut butter, rice vinegar, sriracha)  
broiled zucchini wedges + parmesan  
carrot sticks + almond butter  
carrots sticks + yogurt w/ ranch dip seasoning  
carrot trail mix: carrot bite-size pieces + almonds and unsweetened coconut  
celery poppers (celery cut into bite-size pieces) + peanuts  
celery + yogurt w/ blue cheese  
cucumber slices + hummus w/ feta  
cucumber slices + tzatziki  
edamame + sesame seeds and sea salt  
endive leaves + goat cheese and walnuts  
fennel + parmesan and black pepper  
grape tomatoes + mozzarella  
easiest green juice (water, greens, lemon, berries) + roasted chickpeas  
easiest green juice (water, greens, lemon, berries) + spicy jerky  
jicama sticks w/ chili powder + pepitas (green pumpkin seeds)  
kale chips + vegan parm (crushed walnuts and nutritional yeast)  
marinated artichokes + mixed nuts  
mini bell peppers + quick bean dip (vegetarian refried beans w/ hot sauce)  
mini bell peppers + spicy hummus  
olives + pistachios  
pickles + almonds  
radish slices + tzatziki  
sugar snap peas + lemon hummus  
tomato slices + cultured cottage cheese w/ black pepper  
quick sushi: cucumber + smoked salmon, avocado, and sriracha in a seaweed sheet  
roasted cauliflower + tahini drizzle  
sauerkraut shot + hard-boiled egg  
steamed asparagus + prosciutto

## SWEET P+P SNACKS

apple + almonds  
apple + roasted chickpeas  
apple + tahini drizzle  
apple slices + cheddar cheese stick  
apple slices + yogurt w/ peanut butter mixed in  
banana skinnies: frozen banana slices w/ cocoa powder + walnuts  
banana slices + sunflower seed butter  
berries + yogurt w/ cocoa powder mixed in  
no-blender smoothie: mashed berries + kefir  
blueberries + cultured cottage cheese  
strawberries + almond butter  
freeze dried strawberries + peanuts  
clementines/cuties + pistachios  
orange slices + spicy jerky  
grapefruit slices + walnuts w/ honey  
grapes + brie  
grapes + peanuts  
kiwi + almonds  
mango w/ chili powder + pepitas (green pumpkin seeds)  
melon + feta and mint  
peach + pecans  
pear slices + almond butter w/ ginger mixed in  
pineapple w/ turmeric, black pepper + pistachios  
mint chip nice cream: frozen banana slices + hemp seeds, mint extract, cocoa nibs (blended)  
chocolate cherry nice cream: frozen cherries w/ cocoa powder (blended) + walnut topping  
quick apple crisp: microwaved chopped apple + chopped pecans and cinnamon topping  
banana split: banana (cut lengthwise in peel & broiled) + walnuts, cocoa nibs, coconut topper  
froyo bark: berries + yogurt (spread yogurt on parchment, add semi-mashed berries, freeze)  
chia cup: mango + chia pudding (1/2 cup milk, 2T chia seeds) w/ unsweetened coconut flakes  
cocoa chia cup: raspberries + chia pudding (1/2 cup milk, 2T chia seeds, 1/2T cocoa powder)

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