

the **BIG LIST OF** *produce* + *protein* **SNACKS**

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SAVORY *snacks*

- beet chips + tahini drizzle
- broiled zucchini wedges + parmesan
- carrot sticks + almond butter
- cucumber slices + tzatziki
- olives + pistachios
- pickles + almonds
- sugar snap peas + lemon hummus
- celery + yogurt w/ blue cheese
- cucumber slices + hummus w/ feta
- radish slices + tzatziki
- edamame + sesame seeds and sea salt
- endive leaves + goat cheese and walnuts
- fennel + parmesan and black pepper
- grape tomatoes + mozzarella
- roasted cauliflower + tahini drizzle
- easiest green juice (water, greens, lemon, berries) + roasted chickpeas
- 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)
- celery poppers (celery cut into bite-size pieces) + peanuts
- broccoli + quick peanut sauce (peanut butter, rice vinegar, sriracha)
- carrot sticks + yogurt w/ ranch dip seasoning
- mini bell peppers + spicy hummus
- tomato slices + cultured cottage cheese w/ black pepper
- easiest green juice (water, greens, lemon, berries) + spicy jerky
- sauerkraut shot + hard-boiled egg
- steamed asparagus + prosciutto

SWEET *snacks*

- apple + almonds
- grapes + peanuts
- orange slices + spicy jerky
- apple slices + cheddar cheese stick
- peach + pecans
- grapes + brie
- strawberries + almond butter
- kiwi + almonds
- blueberries + cultured cottage cheese
- apple + roasted chickpeas
- freeze dried strawberries + peanuts
- clementines/cuties + pistachios
- apple slices + tahini drizzle
- grapefruit slices + walnuts w/ honey
- berries + yogurt w/ cocoa powder mixed in
- no-blender smoothie: mashed berries + kefir
- mango w/ chili powder + pepitas (green pumpkin seeds)
- apple slices + yogurt w/ peanut butter mixed in
- banana slices + sunflower seed butter
- melon + feta and mint
- pear slices + almond butter w/ ginger mixed in
- pineapple w/ turmeric and black pepper + pistachios

snack **RECIPES**

- CARROT TRAIL MIX:** BITE-SIZE CARROT PIECES + ALMONDS AND UNSWEETENED COCONUT
- QUICK SUSHI:** CUCUMBER + SMOKED SALMON, AVOCADO, AND SRIRACHA IN A SEAWEED SHEET
- BANANA SKINNIES:** FROZEN BANANA SLICES W/ COCOA POWDER + WALNUTS
- MINT CHIP NICE CREAM:** FROZEN BANANA SLICES + HEMP SEEDS, MINT EXTRACT, AND COCOA NIBS (BLENDED)
- CHOCOLATE CHERRY NICE CREAM:** FROZEN CHERRIES W/ COCOA POWDER (BLENDED) + WALNUT TOPPING
- QUICK APPLE CRISP:** CHOPPED APPLE (MICROWAVED) + CHOPPED PECANS AND CINNAMON TOPPING
- BANANA SPLIT:** BANANA (CUT LENGTHWISE IN PEEL & BROILED) + WALNUTS, COCOA NIBS, AND 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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