

# GREAT SNACKS TO FUEL YOUR AFTERNOON

2 pm-itis. Midday slump. Gotta- nap- now feeling. It's that sluggish wave that hits halfway between lunch and dinner that has you reaching for a mini bag of pretzels or a candy bar. It's better to ditch those mindless treats and opt instead for energy-boosting snacks to help you power through and finish your day strong. These high-protein, lower-carb and all-around healthy snack ideas pack a punch of flavor and offer the pick-me-up you need right about now.

**mindful**  
Enjoy Health



## APPLE RINGS



Core and slice an apple crosswise, spread with nut butter and add toppings like mini chocolate chips, coconut shreds or nuts.

## CHIA PUDDING



Stir together 3 tablespoons of chia seeds, 1 cup of nut or fat-free milk, 1/8 teaspoon vanilla and maple syrup to taste. Refrigerate at least 2 hours. Scoop out 1/2 cup, top with berries and pistachios or stir in cocoa powder, coconut and fresh pineapple chunks.

## CRISPY SPICY CHICKPEAS



Drain and cook canned chickpeas in a sauté pan with a little oil until crispy, then toss with a Cajun or Everything Bagel spice blend.

## CUCUMBER CANAPÉS



Slice cucumbers 1/4 inch thick and add tuna, seafood or egg salad, grated onion and a grape tomato half. Or top with light cream cheese, smoked salmon, onion and capers.

## DIY VEGGIE CHIPS



Thinly slice beets, carrots, radishes or sweet potatoes, coat with oil or cooking spray, and season with salt and pepper. Spread in a single layer on a parchment-lined sheet pan. Bake 10 to 12 minutes at 425° or until crisp, turning them halfway.

## FROZEN BANANA POP



Peel a banana, cut in half and dip in 50/50 lemon juice and water to prevent browning. Dip each banana half in melted dark chocolate, roll in dried fruits, nuts or coconut, then place on a parchment-lined sheet pan until the chocolate hardens. Store in the freezer.

## GREEK YOGURT PARFAITS



Layer Greek yogurt, a drizzle of honey or agave and fresh or frozen blueberries, cherries, raspberries or strawberries.

## MATCHA LATTE + DARK CHOCOLATE



Whisk matcha powder into nut or low-fat milk, adding honey to sweeten. Enjoy with a square of dark chocolate.

## SAVORY ROLLUPS



Choose a flavored tortilla, then add hummus, low-fat cream cheese or mashed-up beans. Add red pepper slices, baby spinach, diced tomatoes, cucumbers or red onions. Roll up and slice in 1-inch pieces.

## STUFFED DATES



Slice Medjool dates in half and stuff with nut butter or light cream cheese. Sprinkle on chopped pistachios.

## VEGGIE TOAST



Toast a grainy slice of bread, then top with nonfat Greek yogurt, lemon or lime zest and fresh herbs. Add very thinly sliced tomatoes or cucumbers and sprinkle on sesame seeds.

## YOGURT BARK



Mix nonfat plain yogurt, agave or honey, berries, chocolate chips and a pinch of salt. Spread on a parchment-lined baking sheet and freeze. Break into pieces and store in a container or zip-close bag in the freezer.

