

# Cheap Healthy Snacks Idea List

## Fruits and Veggies

- Grapes, blueberries, and or strawberries
- Celery and carrot sticks
- Fruit kabobs or fruit salad
- Carrots and cucumbers with sour cream and onion dip
- Canned pineapple
- Celery sticks with cream cheese or peanut butter (you can add raisins for "ants on a log")
- Sliced bell peppers with guacamole
- avocado toast with cherry tomatoes
- baby carrots and cucumber slices
- banana with peanut butter
- roasted chickpeas
- veggies with hummus
- apple slices with nut butter
- baked sweet potato chips
- Greek yogurt with fruit and granola
- Frozen banana dipped in chocolate
- Frozen grapes

## Protein

- Hard Boiled Eggs or deviled eggs
- avocado with a hard-boiled egg on a rice cake
- cream cheese or peanut or other nut butter on toasted whole-grain bread
- yogurt and fruit parfait
- walnuts or almonds
- String cheese
- Plain yogurt or cottage cheese with fruit or granola
- Fruit and nut bars
- Smoothies made with vanilla yogurt or nut butter and fruit
- Homemade trail mix with nuts, sunflower seeds, pumpkin seeds, mini chocolate chips, and dried fruit
- hummus or refried beans on pita bread or corn tortillas with olives or cherry tomatoes
- jerky
- String cheese

- Hard Boiled Eggs or deviled eggs
- Protein Bars
- Tuna Salad on whole wheat crackers

## Grains

- Popcorn with parmesan cheese
- Crackers and hummus
- Granola Bars
- pita chips with a side of roasted red pepper hummus
- Tortilla chips with salsa or bean dip
- Oat balls
- Rice cakes with seed butter and slices of banana
- Muffins: blueberry, banana, pumpkin, or chocolate chip muffins
- Popcorn balls
- Granola bars
- Dates stuffed with nut butter
- Trail mix
- Popcorn with nutritional yeast

