

NUT-FREE SNACKS

Back-To-School

- Hummus + baby carrots or celery or sliced bell peppers
- Hummus + Salsa + tortilla chips
- Hard-cooked egg slices + whole grain crackers + honey mustard
- Yogurt + granola + fruit
- Nut-free granola + honey over plain greek yogurt
- Cucumber slice + canned tuna + yogurt/dill/caper sauce
- English muffin pizza - english muffin + prepared pizza sauce + cheese + veggies
- Smoothie: ½ C greek yogurt + 1 C berries + 1 handful spinach + ½ milk
- Avocado dip w/ pretzels: Avocado + Lemon + Pretzels
- Frozen yogurt covered pretzels: strawberry yogurt + pretzels - freeze
- Cinnamon-y fruit dip: 1/4 C vanilla greek yogurt + 1 tsp cinnamon
- Graham cracker + fruity cheese spread: combine cream cheese + jam + plain greek yogurt - spread on graham cracker or sliced fruit
- Triscuit + apple slice + cheddar cheese
- Moo-stick: cheese stick wrapped in ham + your favorite mustard
- Crunchy edamame: 1/2 C edamame + 1 1/2 tsp sesame seeds + salt
- Tangerine slices + honey + sprinkle of chili powder
- Breakfast pizza: frozen whole grain waffle + jam + cream cheese + raisins
- Banana ice cream: puree - frozen, very ripe banana + cocoa powder
- Smoked salmon rods - sliced smoked salmon wrapped around pretzel rods