

# GREAT SNACK IDEAS

FALL NEWSLETTER 2014

With fall upon us I thought a newsletter providing great snack ideas for school and the office would be helpful. When people don't have a good afternoon snack they tend to be very hungry and hangry by the end of the day. This can easily set you up for making poor dinner choices because unhealthy foods tend to be quick and easy. BUT If you are always armed with a delicious mid-afternoon snack you can prevent that 5pm unhealthy splurge!

RECIPES can be found on our [Wellness blog](#).

## NUT-FREE SNACK

HUMMUS is a chickpea dip that is loaded with fiber and provides a good source of vegetarian protein. Both of these things will help to satisfy your hunger! I like to use veggies and apple slices to dip into the hummus. My favorites are snap peas, uncooked green beans, cucumber and grape tomatoes. You can make your own hummus or buy it premade at any grocery store!



## NUT-FULL SNACK



NUTS are a healthy eaters best friend! This gluten free granola recipe is very simple to make and easy to enjoy. Almonds, cashews, brazil nuts, walnuts are all great sources of healthy fats and provide some protein to keep the hangry bear at bay till you get home for a good dinner. I like to use it as a topping on Greek yogurt or eat it by the handful like trail mix.

## POWER PROTEIN SNACK

Eggs and avocado - a match I think was made in heaven! This is a simple healthy version of devilled eggs. Avocado is high in health monounsaturated fats and fiber and eggs are the "perfect protein" keeping you fueled for your busy day.



**Book an appointment or free consultation!**



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