

# powerup

## SNACK BITE IDEAS!



**POPCORN & CUTIES**



**APPLE SLICES AND YOGURT DIP** (ADD 1/2 TSP HONEY AND PINCH OF CINNAMON TO PLAIN GREEK YOGURT)



**SWEET POTATO STICKS & APPLE SLIDES WITH NUT BUTTER** FOR DIPPING (SUNFLOWER BUTTER IS A GREAT ALLERGY SUBSTITUTE)



**PB & BANANA BERRY CAKES** - BROWN RICE CAKES, NUT BUTTER, FRESH BERRIES & BANANA SLICES (SUNFLOWER BUTTER IS A GREAT ALLERGY SUBSTITUTE)



**BERRY YOGURT CRUNCH** - PLAIN GREEK YOGURT, FRESH BERRIES, GRANOLA OR ALMONDS AND A DRIZZLE OF REAL MAPLE SYRUP (OPTIONAL)



**SWEET POTATO STICKS WITH YOGURT DIP** (ADD 1/2 TSP HONEY AND PINCH OF CINNAMON TO PLAIN GREEK YOGURT)



**COLORFUL PEPPER SLICES WITH COTTAGE CHEESE & WHOLE-WHEAT CRACKERS**



**FRUIT AND CHEESE** (STICKS OR CUBES, BUT KEEP IT REAL)