Healthy snacks can be an important part of your daily eating habits.

**Nutrition News: Smart Snacks**

Choosing Fruits & Vegetables as snacks can Help you:

- Meet daily recommendations for fruits & vegetables
- Increase your energy and balance your blood sugar
- Satisfy your hunger between meals
- Increase your daily fiber intake

**Quick Snack Ideas**

- Yogurt & Fruit
- Veggies & Hummus
- Fruit Smoothie
- Celery & Peanut Butter
- Dried Fruit & Nuts
- Avocado Toast
- Fruit Salad
- Veggie Quesadilla

**Featured Snack: Apple Nachos**

**Ingredients:**
- 2 apples of choice
- ½ cup nut butter, melted
- Small handful chocolate chips
- Small handful shredded coconut
- Small handful slivered almonds (optional)
- Sprinkle of cinnamon

**Directions:**
1. Arrange apple slices on a plate.
2. Drizzle melted peanut butter over apple slices with a spoon.
3. Sprinkle handful of coconut, chocolate chips, and cinnamon over the plate as topping.