

Brain And Mood Boosting Snacks:

1. Trail mix: nuts, seeds, raisins, dried fruits, coconut, whole grain cereal
2. Home made oatmeal granola with chia, hemp, flax, coconut topped on probiotic yogurt, a fruit salad or home made applesauce
3. Half a banana on a popsicle stick covered with honey or agave and crushed peanuts
4. Avocado spread on multigrain/seed crackers.
5. Molasses cookies made with coconut oil
6. Smoothy with no sugar added. Favorite combos: frozen berries and melon, pina colada or try green ingredients only
7. Power muffins with sprouted seeds and grated veggies
8. Celery sticks with seed or nut butter
9. Broccoli and cauliflower with nutritional yeast seasoning dip (tastes cheesy)
10. Nut bars, fig bars or sesame seed snaps (great snacks to go on the road)
11. Salmon salad on top of crackers
12. Yam fries (baked in the oven)
13. Hummus and corn tortillas chips
14. Fresh salsa (peppers, onions, garlic, roma tomatoes) with flax corn chips and guacamole
15. Fresh whole blueberries, grapes or grape tomatoes!