

# Emergency Snack Choices

During the busy work week, many people find themselves grabbing the nearest snack to munch on. Often times this will be something that lacks nutritive value and is high in calories and fat, such as chips and cookies. Fortunately, there are many quick and delicious snacks that are available.



Trail mix is a wonderful snack than can satisfy both your sweet and savory cravings. There isn't a set recipe for trail mix and therefore it can be made to personalize your preferences. Simply mix together your favorite nuts and dried fruit and you have a delicious snack high in fiber and protein (see below for a sample recipe). If you are going to buy pre-made trail mix, take a minute to look at the ingredients and make sure it isn't simply candy mixed together.

Another great snack is yogurt. You can buy plain yogurt at any grocery store (make sure it is just yogurt and not loaded with added sugar). Then, for a little sweet, add in your favorite berries or granola.



Cheese is a simple snack that requires no prep-time. You can purchase string cheese or babybel cheese from your local market.



If you need an easy and mess-free snack to eat in the car, try sliced fruits (apples, bananas, oranges) or vegetables (carrots, celery, broccoli). If you are really pressed for time, you can purchase pre-sliced fruits and vegetables in the market. You can also dip these in hummus or peanut butter for extra protein and flavor.



## **Homemade Trail Mix©**

1 c. raw, toasted cashews, or slivered almonds  
1 c. raw sunflower seeds  
1 c. raisins- dark or golden  
1 c. dried cranberries

1 c. shredded coconut (optional)  
1 c. Oat cereal like plain Cheerio's or whole-grain cereal – low in sugar

Utensils:

large bowl and mixing spoon, paper cups to portion it out, airtight container

Directions: Toast raw nuts in toaster oven for 3-5 minutes, or in a sauté pan on stove – medium heat, NO FAT OR OIL! Stir frequently. Watch carefully as they will burn easily. Remove to a large plate & let cool completely. Mix all ingredients in a large bowl and serve. Store any remaining mix in an airtight container and refrigerate.