

# Healthy Snack List

Please use this list as a guide only, not as an absolute, to give you an idea how to stock a whole-foods based kitchen with traditional and healing snack foods. For things that either only or also be found online (potentially less expensive), we've included links for your convenience.

You may also check out [Thrive Market](#) to use, which is similar to an online Costco that ships healthy products.

<b>SWEET</b>
<a href="#">Primal Kitchen Dark Chocolate Almond Collagen Bar</a>
<a href="#">Perfect Foods Bar</a> (choose ones without sugar)
Larabar (choose ones without sugar)
Organic berries with 2 tablespoons coconut butter
Organic plain, 2% or full fat grass-fed yogurt (Cow, goat, or sheep's milk yogurt) and ripe fruit with natural sweetener like raw honey, coconut sugar, or dark liquid stevia to taste
Apples and almond butter (or <a href="#">Nuttzo 7 Nut and Seed Blend</a> ) with a touch of ceylon cinnamon sprouted gluten free date bread (Manna)
Gluten-free sourdough toast (Cook's) with coconut oil, <a href="#">collagen</a> , and raw honey (mix toppings together to make a paste and then top the toast)
Our <a href="#">Cashew Cake Batter Pudding</a> with organic berries
<a href="#">Açai Bowl</a> without granola (add hemp seeds and coconut flakes instead)
Use leftover cooked grains to make sweet porridge: add 2 tablespoons full fat coconut milk, 2 tablespoons <a href="#">collagen</a> , 1 teaspoon maple syrup or coconut sugar and ceylon cinnamon then drizzle with maple syrup
Smoothies – make with whatever you have in stock, such as fruit, ice, kale/spinach, hemp seeds, chia seeds, almond/coconut milk or coconut water, plain yogurt, clean protein powder, cacao powder, bee pollen, greens mix, etc.
Fruit “ice cream” (peel a banana; freeze; blend in a food processor and top with nuts or berries and serve)
Sweet vegetables – yams, sweet potatoes, squashes (acorn, butternut, kabocha) Cut into chunks; sprinkle with ceylon cinnamon and bake or add maple syrup to a baked sweet potato
Dried mulberries
Stevia-sweetened dark chocolate ( <a href="http://www.cocopollo.com">www.cocopollo.com</a> ) or make your own with our <a href="#">Raw Chocolate Truffle</a> recipe

## CRUNCH

Frozen or fresh organic grapes or berries with a handful of raw nuts.

Brown rice cakes, [San J brown rice crackers](#), kale chips, or Mauk Family Flax Crisps with a healthy dip

Organic plain popcorn: use coconut oil to pop in a covered pan or air pop and top with flax or olive oil or nutritional yeast

Mary's Sticks and Twigs as a pretzel replacement dipped in raw nut butter or mustard

Organic carrots (not baby carrots)

Crunchy crudités of veggies and dip (hummus, tabouli, Majestic Garlic Spread, guacamole, or our [Cleansing Pesto](#)) celery with almond butter or [Nuttzo Seven Nut and Seed Butter](#)

[Sprouted Hummus](#) or 1/2 avocado with a [Paleo Wrap](#), [brown rice](#) or [sprouted organic corn tortilla](#) or with whole grain toast (such as Ezekiel)

Green apple with raw cashews or organic almonds

Organic blue corn chips (without canola or soybean oil), [Beanito's Bean Chips](#), [Lundberg Rice Chips](#), [Cassava Chips](#), [Plantain Chips](#), or Jackson's Honest Potato Chips - [regular](#), [sweet potato](#), or [heirloom](#)

[Mary's Gone Crackers](#) with a healthy dip or spread

Make your own trail mix: goji berries, mulberries, raw cacao, raw pumpkin seeds, walnuts, and almonds

Fresh, whole fruit

## SALTY

[Bone broth](#) with ghee and pink salt and drank like a tea (option to add 1 tablespoon [collagen](#) for more protein)

Olives or pickles (unpasteurized)

Raw unpasteurized cheese or raw goat cheese with healthy crackers or veggie sticks

Tabouleh, tzatziki, or sprouted chickpea or black bean hummus

Oysters or sardines

Steamed vegetables with tamari/shoyu or [Coconut Aminos](#)

Baked blue corn tortilla chips (no canola/soy oil) and freshly made salsa or guacamole

Cultured sauerkraut (will knock your sweet cravings right out!)

Fresh lime/lemon juice as seasonings or in beverage

Roasted nuts (make your own trail mix) or tamari roasted almonds

Mary's Gone Crackers with Majestic Garlic Spread (or another emulsified garlic spread)

Flax chips, raw corn chips, raw kale chips

[Cassava Chips](#), [Plantain Chips](#), [Jackson's Honest Potato Chips](#)

