

EATING SNACKS THAT EXCITE YOU

All these snacks are healthy, easily prepared, and uncomplicated to travel with. Whether going on a trip or going to a casting call these snacks will keep you wide-eyed and bushy-tailed to endure whatever the day throws at you. Most importantly, these snacks won't taste great and won't bore you! Fill a few Ziploc bags next time you are flying or going to be working long hours and I promise you won't regret this decision.

1. Sliced Cucumbers & Tomatoes in Balsamic Vinegar & Olive Oil

Cucumbers and tomatoes are popular snacks or sides in the Mediterranean. This fresh vegetable combo has a delightful crunch and juiciness that satisfies your taste buds. You can eat the slices of cucumbers and tomatoes plain or with oil, vinegar, salt, pepper, and or/fresh herbs like mint or basil. This is a very hydrating snack that our skin needs.

2. Bell Peppers w/Guacamole

- i. Avocados are high in fiber, healthy fats, and potassium.
- ii. Bell peppers are full of antioxidants and vitamins. Bell peppers have a sweet taste and a crunchiness to them that are addicting to keep eating. Usually, you see bell pepper slices on a vegetable platter with ranch dressing that is loaded with fat. Standard mayonnaise in ranch dressing and sour cream is high in calories and bad fats. Guacamole on the other hand is made with heart-healthy fats from avocado. Avocados have a rich creamy texture like mayonnaise but with many antioxidants.

3. Celery & Hummus

Celery is full of antioxidants and supports weight loss. Hummus is packed with plant-based protein, fiber, vitamins, and minerals. Celery has a light and fresh taste with a crunchy texture. Eating celery with hummus gives this incredible snack a flavorful creamy profile.

4. Olives, Cheese, Grapes & Nuts

Olives are full of antioxidants and vitamin E, making this food heart healthy. You can still eat a healthy portion of cheese and stay in shape. Feta and goat cheese are two of the healthiest cheeses you want to consider for this snack. Both are low in calories and goat cheese has plenty of protein to fill you up. Grapes are packed with nutrients including high levels of Vitamin C and K. Grapes are also great for the brain to boost memory, attention span, and mood. Nuts are packed with protein and vitamins. Vitamins B and E in nuts help hydrate skin and reduce skin irritations and even acne. Try walnuts, almonds, and pistachios. Between four various flavors and textures, this snack will quickly become a favorite without spending so much time in the kitchen.

5. Coconut Slices w/Pomegranate

Coconut meat is filled with many essential vitamins and has been known to assist in reducing belly fat. Pomegranates are full of antioxidants and are known to hydrate skin. Fights acne and encourage hair growth. The duo of coconut pomegranate will keep you in good shape and give you beautiful skin.

6. Ricotta & Chocolate Strawberries

Ricotta cheese is packed with minerals, protein, and omega-3s. Ricotta is much lower in lactose than other cheeses and dairy products. Dark chocolate has many nutritious minerals including fiber, can increase brain function, and can protect skin against sun damage. Strawberries boost collagen from all the Vitamin C in them. Strawberries are low-calorie, fat-free, and low in sugar; making this a great choice to add to your snacks for losing weight or staying slim. This combo is like chocolate-covered strawberries but with more nutrients and will fill you up.

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