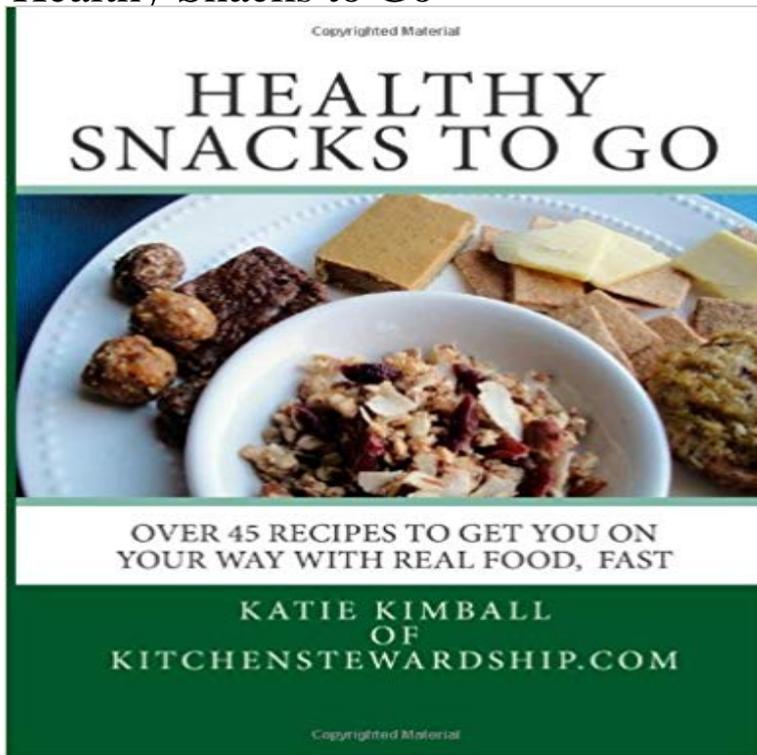


Healthy Snacks to Go



You're ready to dash out the door, but the 4:00 snack monsters are grumbling...when you're trying to eat healthy, REAL food, how do you deal with cupboards full of ingredients when you need to grab and go? Healthy Snacks to Go to the rescue! From homemade granola bars to 15 flavors of a fruit/nut power bar and even homemade beef jerky, you will not go hungry with this helpful resource in your corner. Every recipe (over 45 of them, most with multiple variations) has extensive notes, rookie FAQs, time-saving tips and allergy-friendly icons. You'll learn to make from scratch to save your budget and nourish your family, even when your calendar says you're spending 9.2 hours driving people around in a day. All but 7 of the recipes in Healthy Snacks to Go are gluten-free (and 33 are also grain-free). Only 4 can't omit the dairy, nearly all work without eggs, and about half are nut free. Traditional foodies will recognize the soaked grain adaptations, and everyone benefits from the very low sugar and natural sweeteners used. For anyone trying their best to avoid processed, packaged, pricey foods, Healthy Snacks to Go will be one investment that will never lose its value. Recipes Included: 1. Katie's Homemade Granola 2. Soaked Coconut Granola (revised) 3. Cardamom Spiced Grain-free Granola (NEW!) 4. Kitchen Stewardship Granola Bars (revised) 5. No-Bake Granola Bars (NEW!) 6. Power Bars (reverse engineered Larabars) 15 versions! 7. Popeye Bars 8. Protein Bars 9. Almond Power Bars 10. Butternut Spice Bars (NEW!) 11. Crispy Roasted Chickpeas (NEW!) 12. Wheat Thin Style Crackers 13. Whole Wheat Graham Crackers (NEW!) 14. Old-Fashioned Stovetop Popcorn 15. Tater Skin Crispies 16. Take-Along Spelt Biscuits 17. Honey Whole Wheat Pumpkin Muffins (revised) 18. Whole Wheat Banana Flax Muffins 19. Grain-free Coconut Muffins (NEW!)

20. Grain-free Pumpkin Muffins (NEW!)
21. Apple-Flax Muffins (NEW!)
22. Applesauce (& Other) Fruit Rolls (revised) Bonus: Homemade Cinnamon Applesauce
23. Peanut Butter Kisses
24. Kid-Friendly Beef Jerky (NEW!)
25. Creamy Garlic Veggie Dip
26. Katies Mustard Potato Salad
27. Cold Balsamic-n-Spelt Salad
28. Stovetop Cinnamon Rice Pudding
29. Chocomole (Pudding) (NEW!)
30. Easy Vanilla Pudding (NEW!) Bonus: Smoothies and Other Yogurt Variations

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30 High-Protein Snacks That Are Healthy and Portable **17 Best ideas about Healthy Travel Snacks on Pinterest**

Travel But even while were bombarded with choices by the snack food industry, its not always easy to find healthy snacks -- much less get your kids to eat them. **The 25 Best Protein Snacks at the Supermarket** **Eat This Not That** Shake it like a polaroid picture, add bananas, and youre good to go. Just one serving of these oats has 14.5 grams of protein. Get the recipe **High-Protein Snacks: 27 Healthy and Portable Snack Ideas** **Greatist** Luckily, by whipping up your own healthy snacks on-the-go, you can avoid this once and for all. Ive selected some of my favorite treats that are easy to prepare **7 healthy pack-and-go snack ideas (1/8)** **Best Health Magazine** Nibble away with these healthy snacks that all clock in at 100 calories or less. . Go ahead, nibble mindlessly as you zone out in front of Bravo.

High-Protein Snacks: 27 Healthy and Portable Snack Ideas **Greatist** Are your kids chomping at the bit to get out of the house and stretch their legs? These healthy snacks for kids will keep you out of the drive thru. **Healthy Snacks for Kids on the Go - WebMD** Try one of these simple, healthy snacks that will stay fresh in your bag or desk drawer for easy, hassle-free snacking. **Healthy Snacks To Go - Kitchen Stewardship** 7 Healthy Grab-and-Go Snacks. These no-fuss treats are good for you and easy to store in your purse, the car or your desk. Tags: Healthy Food. From the editors **30 Healthy Travel Snacks For Flying - Business Travel Life** Snacking can be a valuable part of a healthy eating plan regular munching keeps blood sugar levels stable and can help prevent overeating **20 Healthy On-the-Go Snacks For Your Active Lifestyle - Nutrition** These 27 delicious, healthy, and easy options have even more protein than an egg (one large contains about 6 grams). Nut Butter Boat. Pin it. Jerky. Mixed Nuts or Trail Mix. Deli Rollups. Pumpkin Seeds. Chunky Monkey Shake. Shake it Up. Mini Bean-and-Cheese Quesadilla. **Images for Healthy Snacks**

to Go Healthy Snacks To Go to the rescue! With over 45 healthy snack recipes and ideas including traditional granola bars, iron-packed Popeye bars, and 15 Larabar **19 Healthy Snack Ideas Real Simple** Grab one of these portable snacks for a quick hunger fix. **Easy On-the-Go Snack Ideas.** No time to sit down for a **6 Healthy Snacks You'll Actually Want to Eat.** **23 Grab-and-Go Protein Snacks for Busy Days Eat This Not That** Nosh on some strategic snacks to avoid crashed and bring back that alert, Any time you go longer than four to five hours without eating, the **13 healthy snacks to eat when youre tired, hungry, and irritated** Not all processed snacks are evil. If you pay close attention to the ingredients on the box you'll find that these on-the-go grabs are pretty **100 Healthy On-The-Go Snacks - Skinny Ms.** Here are 30 healthy snacks that are easy to grab and guaranteed to satisfy your are healthy and portable, so you can enjoy them even when youre on the go. **15 Healthy Grab-and-Go Snacks - Rodale Wellness** When that happens, skip the waist-busting fast food and reach into your stash of protein-packed healthy snacks that keep you full and give you the energy to **The Top 28 Best Healthy Snacks for Weight Loss - Womens Health** Pack these healthy, portable snacks (each less than 200 calories) to keep you feeling full and satisfied throughout the work day. See more about Eating healthy, Easy healthy snacks and Healthy eating. Bites from Eats Amazing Greek Yogurt Breakfast Bark from Go Eat And Repeat **21 Healthy and Portable Energy-Boosting Snacks Greatist** Adding low-sugar, protein-packed snacks to your daily diet can help fuel you go to the grocery store, dont get overwhelmed and load up on your go-to snacks. ... salty pretzels and chips, this might be your newhealthysnack obsession. **27 Healthy Snacks on the Go - Dr. Axe** Here, find new snack ideas that put the vending machine to shame. **Easy On-the-Go Snack Ideas** Find more healthy snacks, specifically designed to bridge the gap between lunch and dinner, then read our guide to healthy snacking. **26 Best Healthy Snacks -** Are you looking for a list of healthy travel snacks to pack for an upcoming flight? These healthy travel snacks are easy to pack and TSA approved. **Healthy Office Snacks - Cooking Light** The next time you are at a loss for a snack, check out one of these options. This list of 100 healthy snacks to eat on the go is sure to prevent snack-time boredom. **High-Protein Snacks: 27 Healthy and Portable Snack Ideas Greatist** Find and save ideas about Healthy travel snacks on Pinterest, the worlds catalog of ideas. See more about Travel snacks kids, Road trip meals and Travel **High-Protein Snacks You Can Eat On the Go -** Protein is the key to a satisfying snack. 17 **High-Protein Snacks You Can Eat On the Go ..** How to Eat Healthier According to Whole Foods CEO. **21 High-Protein Snacks To Eat When Youre Trying To Be Healthy** What you snack on can go a long way toward building your physique. Here are our picks for the 26 best healthy snack options. **Easy On-the-Go Snack Ideas Real Simple** Bring some of these delicious, good-for-you treats with you and you'll have no trouble bypassing the junk food at rest stops and airports.