

Six fruit- and veggie-packed snacks



Did you know most adults and kids don't eat enough fruit and veggies on a daily basis? Snacks are a great time to squeeze some in. Try one of these six balanced snacks featuring fruits and veggies. They're perfect for work or school, and everyone of all ages will enjoy them!

Sweet apple energy bites **Makes 12 servings | Prep: 10 min | Cook: 5 min**



Ingredients

- 1 cup pitted dates
- 1 cup oats
- ¼ cup pumpkin seeds
- 1 tsp cinnamon
- ½ cup finely chopped apple

Preparation

Soak dates in boiling water for 5-10 minutes until softened. While the dates soak, add oats, pumpkin seeds and cinnamon to a food processor. Blend until ground. Add the dates, blend until mixture is sticky. Transfer to a bowl and mix in apple. Roll dough mixture into 12 balls. Store in the refrigerator or freezer.

Nutrition information per serving **Serving size: 1 ball**



Calories: 89 | Total fat: 2 g | Saturated fat: 0 g | Sodium: 1 mg | Cholesterol: 0 mg | Total carbs: 18 g | Fiber: 2 g
Sugars: 11 g | Protein: 2 g | Potassium: 156 mg

Hummus & veggie wrap

Makes 2 servings | Prep: 5 min



Ingredients

- 4 Tbsp hummus
- 2 whole grain tortillas
- ¼ bell pepper, thinly sliced
- ½ carrot, halved and thinly sliced
- 1 small cucumber, halved and thinly sliced
- Leafy greens

Preparation

Spread hummus across entire wrap. Add pepper, carrot and cucumber strips across the middle of the wrap from one end to the other. Sprinkle leafy greens on top. Tightly roll the wrap.

Tip: Don't overstuff the wrap.

Nutrition information per serving Serving size: 1 wrap



Calories: 212 | Total fat: 5 g | Saturated fat: 1 g | Sodium: 466 mg | Cholesterol: 0 mg | Total carbs: 36 g | Fiber: 5 g
Sugars: 7 g | Protein: 8 g | Potassium: 404 mg

DIY trail mix

Makes 8 servings | Prep: 5 min



Ingredients

- 1 cup dried fruit (raisins, cherries, cranberries, bananas, etc.)
- 1 cup nuts (peanuts, almonds, walnuts, pistachios, etc.)
- 2 cups whole grain cereal

Preparation

Add dried fruit, nuts and cereal to a bag. Mix and then portion out into smaller bags or containers.

Nutrition information per serving Serving size: ¼ cup



Calories: 179 | Total fat: 9 g | Saturated fat: 1 g | Sodium: 36 mg | Cholesterol: 0 mg | Total carbs: 23 g | Fiber: 4 g
Sugars: 13 g | Protein: 6 g | Potassium: 333 mg

Veggies & dip on-the-go

Makes 1 serving | Prep: 5 min



Ingredients

- 3 Tbsp hummus
- 1-2 cups vegetables (celery, carrots, snap peas, bell peppers, jicama, etc.)

Preparation

Add hummus to the bottom of a mason jar. Cut vegetables (as needed) into small sticks so they fit into the mason jar. Add to the jar and cover.

Tip: Longer “stick-like” vegetables (think carrots and celery) work well, but you can also enjoy “shorter” veggies like radishes and cauliflower if you use a shorter, open-mouth jar.

Nutrition information per serving Serving size: ¼ cup



Calories: 160 | Total fat: 4 g | Saturated fat: 1 g | Sodium: 240 mg | Cholesterol: 0 mg | Total carbs: 27 g | Fiber: 11 g
Sugars: 8 g | Protein: 5 g | Potassium: 627 mg

Ladybugs on a log

Makes 2 servings | Prep: 5 min



Ingredients

- 4 celery stalks
- 2 Tbsp nut or seed butter (peanut butter, tahini [sesame seed], almond butter)
- ¼ cup dried cranberries or cherries

Preparation

Cut celery stalks in half, making eight “logs.” Evenly spread nut or seed butter onto each stalk and then top with dried fruit.

Nutrition information per serving Serving size: 4 logs



Calories: 117 | Total fat: 8 g | Saturated fat: 2 g | Sodium: 101 mg | Cholesterol: 0 mg | Total carbs: 8 g | Fiber: 3 g
Sugars: 4 g | Protein: 4 g | Potassium: 192 mg

Mini cheese plate

Makes 2 servings | Prep: 5 min



Ingredients

- 1 ½ oz reduced-fat cheese
- 6 whole grain crackers
- 10 grapes

Preparation

Add cheese, grapes and crackers to a plate or container. Mix and match and enjoy.

Nutrition information per serving

 Serving size: ½ "plate"

Calories: 196 | Total fat: 7 g | Saturated fat: 3 g | Sodium: 418 mg | Cholesterol: 9 mg | Total carbs: 21 g | Fiber: 3 g
Sugars: 4 g | Protein: 13 g | Potassium: 145 mg

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