

# Healthy Snacking

By Martha Smith

For many, healthy snacks are hard to come by. With the numerous varieties of processed options available in cafeterias and vending machines, it is easy to be overwhelmed at snack time. Here are some healthy snack options that are easy to make and bring on the go!

## **Veggies and Hummus**

This is one of my favorite snack ideas. Vegetables are great because they are nutrient-dense but low in calories. Plus, adding a dip like hummus makes the vegetables more filling, and the chickpeas in the hummus help prevent against inflammation and help lower cholesterol. The hummus pictured here is a good choice because it has no preservatives, which is great!

## **Peanut Butter Banana Rice Cakes**

This snack is very filling, and tastes great! I love these salt free rice cakes; they are low calorie, and pair great with peanut butter and banana. Just spread on your desired amount of peanut butter and top it off with slices from half of a banana.

## **Roasted Chickpeas**

For those who crave salty, crunchy snacks, this snack is so satisfying, and very easy to make! I used one can of chickpeas, olive oil, and salt and pepper. I roasted them in the oven for 20-30 minutes at 375 until crispy.