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# My Favorite Snacks

Snacks are not always necessary; however, if you get hungry between your meals or if you know you won't have access to food for a while, they become essential. These are some of my favorites. Enjoy!

**To make a snack more satisfying and stick with you longer, try pairing a carbohydrate with a protein or fat.**

Apple with nut butter

Avocado with tortilla chips

Carrots with hummus

Celery with nut butter

Cottage cheese with fruit or triscuts

Fresh fruit in season

Honey roasted peanuts

Popcorn

Raw vegetables with dill dip

String cheese

Yogurt with walnuts or granola