



HEALTHY SNACKING AT HOME

Being at home leaves plenty of time for snacking. With all of this snacking power comes the responsibility of keeping our bodies healthy. Here are some easy snack ideas that are not only healthy, but easy and low cost!

- Apples and Peanut Butter
- Hard Boiled Eggs
- Carrots and Ranch Dressing (Humus and guacamole are also yummy!)
- Celery and Peanut Butter
- ALL FRUIT!
- Raisins
- String Cheese
- Trail Mix
- Popcorn

See below for recipes using some of these ingredients to try with your family!

FUN WITH APPLES, CELERY AND PEANUT BUTTER

Ingredients:

- Celery
- Peanut Butter
- Apples
- Raisins



THE PERFECT BOILED EGG!

You will need:

- An egg (or two!)
- One pot
- Enough water to cover your egg in the pot

Steps:

1. Put your eggs in a pot and fill the pot with enough cold water to cover the eggs
2. Turn your stove on high heat until the water comes to a rolling boil
3. Turn off the heat and cover the pot. Let the eggs sit for 12 minutes
4. Be careful taking the eggs out of the pot! Transfer your eggs into cold water to cool them down before peeling

TIPS:

Adding a teaspoon of vinegar to the water may help keep egg whites from running out if an egg cracks while cooking.

Add some fresh herbs to your egg to give it some flair!

