

# HEALTHY SNACK IDEAS FOR BUSY MOMS



CHECK OUT THESE 15  
HEALTHY SNACKS TO  
INSPIRE HEALTHY HABITS  
THAT THE WHOLE FAMILY  
WILL LOVE!

*by: Christine Payne*

# WELCOME



Let me start by saying, I am so excited for you to have these Healthy Snack Ideas in your back pocket.

I have been in the Health & Wellness Industry for over 8 years. During that time, I have learned a great deal about the importance of healthy eating and healthy snacking!

For the last 7 years I have been training my customers and clients on how to live a healthier, happier and more productive lifestyle through a one of a kind Work at Home Opportunity, with Organic Supplements and a Community of Support that is second to none!

My main goal here is to give you some healthy go to snack ideas that you and your family will love. Let's face it, life can be busy and having some healthy options in your pantry and refrigerator can be a game changer.



*by: Christine Payne*



Being a busy mom isn't easy, I am always striving to be healthier with my choices. I've tried everything under the sun to help me, workouts, "DIET" plans and products, you name it, I tried it. After losing the weight, I would gain it back and then some. Nothing ever taught me to make HEALTHIER choices. Then a friend introduced me to some amazing ORGANIC Health & Wellness supplements along with the opportunity to earn them for free. I figured what the heck, I have nothing to lose! Now, 8 years later, I am as healthy as I have ever been, I am earning an extra income and get to help others with their HEALTH journey!  
It's a total WIN, WIN!

**1 Apples with Peanut Butter**

Apples were meant to be combined with Peanut Butter. Both of these items are inexpensive and easy to find.

\*\*Add some cinnamon to spice things up.



**2 Applesauce**

Make sure to find the unsweetened version of applesauce or you can make it yourself. Recipes are easy to find and usually take fewer than twenty minutes to make. Be sure to add a little cinnamon to the top.

**3 Baby Carrots & Hummus**

Baby Carrots are full of Vitamins A & C and they pair well with hummus. There are a variety of hummus flavors, including roasted red pepper and cilantro jalapeno to spice things up.



#### 4 **Banana Bites with Chocolate & Nuts**

Slice bananas into 1-inch sections. Microwave dark chocolate chips or a dark chocolate bar and coconut oil (it helps to thin the chocolate out) together until it becomes liquid.

Chop up walnuts and layout on a plate. Skewer your bananas with a toothpick, dip bananas into the chocolate, let drip as much as possible, then roll in the walnuts. Lay on a sheet of parchment paper. Once you've done all of them, toss them in the freezer until they firm up. Once all the individual bananas are frozen, you can store them in a single bag. A great sweet treat.

#### 5 **Berry Yogurt Toast**

A piece of fiber rich Ezekiel toast, some protein-packed Greek yogurt makes this snack of the day so much better. I like to add high-fiber berries, to take the toasts nutrition to the next level.



#### 6 **Celery with Peanut Butter**

If the apple and peanut butter combo is too sweet for you, try spreading peanut butter on celery sticks instead. (you can use almond butter or another nut butter as well).

#### 7 **Chia Seed Protein Bites**

1-1/2 cups quick oats - 1/2 cup almond butter or creamy peanut butter - 1/2 cup chia seeds - 1/2 cup honey - 1/4 cup vanilla protein powder - 1/4 cup unsweetened shredded coconut. Combine all ingredients, roll into 1 inch balls and refrigerate for approximately 2 hrs.

keep refrigerated

#### **Did you know?**

1 cup of raspberries contains a 8g of fiber. That combined with antioxidant rich blueberries and blood-sugar stabilizing chia seeds is sure to keep those afternoon tummy rumbles at ease.

## 8 Grapes

I'm not sure why frozen grapes taste so much better than just refrigerated ones, but they do. So if you're into snacking on fruits, pop some in the freezer. Be sure to go the seedless route, I also prefer the red ones.



## 9 Greek Yogurt

While yogurt isn't the most appetizing snack on its own, you can always throw in some fruit or protein powder to amp up the flavor. Greek yogurt is healthier due to having more nutrients and vitamin content than regular yogurt.



## 10 Monkey Toast

Smear a slice of toasted wheat bread (or any healthy bread of choice) with peanut butter and banana slices. Top with a drizzle of honey and a sprinkle of chia seeds for some extra fiber.

## 11 Oat & Date Energy Bites

Made of healthy fats like nuts and paired with a boost of carbs from dates and oats, you'll need just one or two of these to feel full. Pulse together 1/4 c oats, 1/4 c dates, 1/4 c nuts, 1 Tbsp chia seeds and 2 Tbsp of raw pumpkin seeds in a food processor until finely ground. Add all remaining ingredients, 1 1/2 Tbsp maple syrup and 1/2 tbsp of cinnamon and pulse until combined and mixture starts to form a ball in the food processor. Transfer to a small bowl and fold in 1 Tbsp of coconut with a spatula. Roll dough into balls and refrigerate.







## 12 Oatmeal

Oatmeal is not just for breakfast, it can be a healthy snack anytime. You can also spice it up with some fruit or even some chia seeds. Overnight oats are great to have on hand for the morning.

## 13 Spiced Nuts

Toss a combination of nuts—pecans, almonds, peanuts, cashews—with chili powder, black pepper, and a pinch of cayenne. Roast in a 400° F oven for 10 minutes, until warm and toasty.



## 14 Trail Mix

Homemade trail mix is where it's at. Make your own souped-up trail mix: Combine 1 c almonds, walnuts, or cashew (or a mix of all three) with 1/2 c sunflower seeds and 1 1/2 c dried fruit: raisins, apricots, apples, prunes, and/or banana chips. You can basically add any little things to the mix to make it ideal for you and your family.



## 15 Turkey Roll Ups

Lay a slice of Swiss cheese on a cutting board. Top with a slice of smoked turkey and a spoonful of hummus or even guacamole. Wrap like a jelly roll and enjoy.

### Always Remember..

You need to stay hydrated throughout the day. Less water in the body can cause digestive issues. Water can be just as essential to keep your body balanced and energized!



I want to give you the chance to look at the Organic Supplements along with the Work from Home Opportunity that I was talking about in the beginning of this freebie. Since you're interested in healthy snack ideas, I am certain that you're also looking for ways to effectively instill healthier habits for yourself and your family. This opportunity is where I learned how to not only live a healthier lifestyle, but it has also given me the freedom to be able to help others with theirs.

I encourage you to check it out!

# FIT5



To Learn More About This Opportunity,  
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<https://youtu.be/DiB0kjDRjx4>

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and Financial Freedom!!  
[www.linktr.ee/workwithchristinepayne](http://www.linktr.ee/workwithchristinepayne)

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# More Resources For You

I have included some resources for you that I have used based on the above Healthy Snack Ideas that I gave you along with a few others you might find helpful! I am sure you will get just as much value out of them as I did!



## Simple & Healthy 3 Day Meal Plan

[workwithchristinepayne.com/3daymealplan](http://workwithchristinepayne.com/3daymealplan)

## Healthy Snack Ideas

[www.eatthis.com/healthy-snack-ideas](http://www.eatthis.com/healthy-snack-ideas)

## Best Snack Ideas that are Healthy

<https://snacknation.com/blog/guide/healthy-snacks>

## Organic Plant Based Protein Powder

[www.fitteam-lean.com](http://www.fitteam-lean.com)

## Organic Energy & Wellness Drink

[www.orderfitteam.fit](http://www.orderfitteam.fit)



# Did You Get Some Value?

I'm so excited for us to be connected more. I am continuously adding new content on how to live a healthier lifestyle on my Social Media Feeds and I'd love to connect more there.

Come get connected and drop me a message and let me know how you enjoyed the 15 Healthy Snack Ideas For Busy Moms!

Can't wait see you over there!



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