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# Healthy Snack Recipes

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Maintaining a healthy diet can be challenging, especially when it comes to snacking. However, snacking can actually be a healthy part of your diet if you choose the right foods.

Healthy snacks not only provide your body with essential nutrients, but they can also help you stay full and satisfied between meals. In this article, we will introduce you to ten healthy snacks that you can enjoy while on a diet.

These snacks are not only low in calories but also delicious and easy to prepare, making them the perfect addition to your daily routine.

# **Apple Slices with Almond Butter**

## **Ingredients:**

- 1 medium apple, sliced
- 1 tablespoon almond butter

## **Instructions:**

1. Slice the apple into wedges.
2. Spread a tablespoon of almond butter on a plate.
3. Dip each apple slice into the almond butter and enjoy!

# **Greek Yogurt with Berries and Honey**

## **Ingredients:**

- 1 cup Greek yogurt
- 1/2 cup mixed berries
- 1 tablespoon honey

## **Instructions:**

1. In a bowl, mix together the Greek yogurt and honey.
2. Top with mixed berries.

# Why is the Smoothie Diet so effective?

The Smoothie Diet cuts out all the awful foods that are making you gain weight while boosting your metabolism, cutting your cravings, and reducing your caloric intake (without ever leaving you hungry).

Plus, the Smoothie Diet is insanely convenient. Convenience is the single biggest factor that leads to diet success or failure. If something is hard, you're unlikely to stick with it. If it's a breeze, then why wouldn't you follow through?

**Lose 3 Pounds in 3 Days!**

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# Carrot Sticks with Hummus

## Ingredients:

- 2-3 medium carrots, peeled and cut into sticks
- 1/4 cup hummus

## Instructions:

1. Cut the carrots into sticks.
2. Serve with 1/4 cup hummus for dipping.

# Roasted Chickpeas

## Ingredients:

- 1 can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste

## Instructions:

1. Preheat the oven to 400°F (200°C).
2. Pat the chickpeas dry with a paper towel.
3. In a bowl, mix the chickpeas with olive oil, paprika, garlic powder, salt, and pepper.
4. Spread the chickpeas on a baking sheet in a single layer.
5. Roast for 20-30 minutes, stirring occasionally, until crispy.

# **Rice Cakes with Avocado and Sea Salt**

## **Ingredients:**

- 2 rice cakes
- 1/2 avocado, mashed
- Sea salt, to taste

## **Instructions:**

1. Spread mashed avocado on the rice cakes.
2. Sprinkle with sea salt.

# Cottage Cheese with Sliced Peaches

## Ingredients:

- 1/2 cup cottage cheese
- 1 peach, sliced

## Instructions:

1. In a bowl, mix together the cottage cheese and sliced peach.

# Is Exipure Right For You?

Do you have deep stubborn fat stores that no diet or exercise seems to remove? Then the answer is yes Exipure is right for you.

Exipure has changed the lives of thousands of women and men from 18 to 80 and is designed to rapidly dissolve fat in even the worst cases.

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# Trail Mix with Nuts and Dried Fruit

## Ingredients:

- 1/4 cup almonds
- 1/4 cup cashews
- 1/4 cup dried cranberries
- 1/4 cup pumpkin seeds

## Instructions:

1. Mix all the ingredients in a bowl.
2. Enjoy!

# Hard-Boiled Eggs

## Ingredients:

- 2 eggs

## Instructions:

1. Bring a pot of water to a boil.
2. Gently add the eggs to the boiling water.
3. Boil for 8-10 minutes.
4. Remove the eggs from the water and let them cool before peeling.

# Air-Popped Popcorn

## Ingredients:

- 1/4 cup popcorn kernels
- Salt, to taste

## Instructions:

1. Add the popcorn kernels to an air-popper.
2. Pop the popcorn according to the air-popper instructions.
3. Add salt to taste.

# **Edamame (Steamed Soybeans)**

## **Ingredients:**

- 1 cup edamame, in the pod
- Salt, to taste

## **Instructions:**

1. Bring a pot of water to a boil.
2. Add the edamame to the boiling water and cook for 3-5 minutes.
3. Drain and sprinkle with salt. Serve in the pods.

# Pee out high blood sugar?

## Here's how...

This tiny fruit can help you pee out high blood sugar. It sounds weird. But folks who've tried it no longer need Metformin or insulin...

Instead... Their blood sugar is now stable - even if they eat "cheat" food like pasta, pizza, and pie.

- ✓ Help you pee out sugar
- ✓ Restore healthy A1C levels
- ✓ And boost your energy

**[Click Here to Learn More...](#)**

**The #1 Fruit  
to Flush Away  
Blood Sugar**



We hope you found our free ebook, to be a helpful resource for your healthy snacking needs. With these delicious and easy-to-prepare snack ideas, you can now satisfy your cravings while keeping your health goals on track.

Remember, healthy snacking is a key component of a balanced diet, and these snacks are not only low in calories but also packed with essential nutrients. So, make sure to give them a try and see how they can benefit your overall health and wellbeing.

Thank you for downloading our ebook and taking a step towards a healthier lifestyle. Don't forget to share this ebook with your friends and family who might also be looking for healthy snack ideas!



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