

[HEALTHY SNACK RECIPES FOR WORK](#)



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It can be particularly hard to eat well at work. We spend the mornings making healthy lunches for our family, and yet we forget to make one for ourselves.

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Save your quarters by skipping the vending machine's peanut butter crackers and packing your own nutritious snack. For a hunger-curbing option, try 10 multigrain wheat crackers (such as Multigrain Wheat Thins) and a tablespoon of peanut butter. This nutrient-rich snack rings in at just 193 calories and offers 2 grams of fiber.

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If you're not the DIY type, a good store-bought option is 365 Everyday Value Backcountry Bundle Trail Mix (it made the healthy snack cut in the SELF Editors' Choice food awards with fewer than 10 grams of sugar), or create your own mix with over 150 options at Nuts.com and have it delivered to your office.

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If you're after a healthy alternative to the usual afternoon sugar or fat ridden snack options, here are some great recipes that will satisfy your hunger

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50 Quick Snack Recipes Food Network Recipes Dinners

Kids Can Make: Healthy Snacks 6 Photos. 10 Tiny Snacks That Won't Ruin Your Kids' Dinner 11 Photos. Our Best Kid-Friendly Snack Recipes 19 Photos.

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Healthy Snack Recipes Cooking Light

This irresistible snack mix satisfies all the savory cravings, without the added fat and calories of a greasy bag of potato chips. Go ahead and add dried fruits for a sweet, chewy counterpart. This kid-friendly mix makes for a great party appetizer for guests to snack on, or the perfect road trip snack.

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healthy breakfast for kids Succulent Healthy Snack

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