**Summer Snacks**

- Frozen yogurt berries (dip berries in yogurt and freeze on a baking sheet individually or on skewers)
- Smoothie Popsicles (Blend any type of yogurt with whatever fruit you have on hand and pour into Popsicle molds)
- DIY trail mix (nuts, pretzels, crackers, popcorn, dried fruit, dried cereal, etc.)
- Celery Logs (fill with cream cheese or peanut butter and top with raisins)
- Apple Sandwiches (cut apple into round slices and spread with peanut butter and sprinkle with granola)
- Roasted Chick Peas (Bake canned peas in oven with olive oil and seasonings on 450 for 30 minutes until crunchy)
- Fruit Kabobs (put diced fruit onto skewers and serve with a dip like yogurt/pb)
- Rice cakes topped with hummus
- Large shareable veggie platter for all with favorite dip
- Mini muffins (home-made or store bought)
- Soft pretzels
- Nachos with mild salsa/diced tomatoes and avocado