

Your Real Food Master Simple Snack Ideas List

First choice at our house is always a fruit or a veggie, so I'll begin this list sharing those ideas!

Fruits and veggies that can be pulled from the fridge and served immediately with little to no prep (beyond washing):

- Baby carrots (I like the petite carrots - they are sweeter and easier to eat!)
- Grape tomatoes
- Mini sweet peppers
- Sugar snap peas
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- [Unsweetened Applesauce](#) (homemade is awesome, but even my teenage boys enjoy the special treat of an [Applesauce Squeeze Pouch](#))
- Bananas
- Grapes
- Oranges
- Clementines
- Raisins
- Dried Cranberries
- Dried Apple Rings
- Dried Bananas
- Dried Berries



Fruits and veggies that take a few minutes of prep but are still super simple:

- Sliced apples
- Sliced peaches or nectarines
- Plums
- Sliced cucumbers
- Sliced sweet peppers
- Raw broccoli "trees"
- Cut cantaloupe
- Watermelon wedges
- Sliced pears
- Pineapple chunks
- Mango chunks
- [Fruit Salad](#)

Dips that taste great with Fruits and Veggies

- [Easy Veggie Dip](#)
- [Homemade Ranch Dip](#)
- Hummus
- [Spicy Ranch Dressing](#)
- [Strawberry Yogurt Fruit Dip](#)
- [Easy Cream Cheese Fruit Dip](#)
- Or pour a little fresh cream over a bowl of fruit!

Dips that taste great with Fruits and Veggies

- [Easy Veggie Dip](#)
- [Homemade Ranch Dip](#)
- Hummus
- [Spicy Ranch Dressing](#)
- [Strawberry Yogurt Fruit Dip](#)
- [Easy Cream Cheese Fruit Dip](#)
- Or pour a little fresh cream over a bowl of fruit!

Simple Snacks Foods that are great to eat with Peanut Butter

This [Homemade Peanut Butter](#) is amazing and healthy! We have this on hand at all times.

- [Eat it straight](#)...on a spoon. :)
- Sliced Apples with peanut butter
- Celery with peanut butter
- Bread with peanut butter and honey
- Bread with peanut butter and jelly
- Toast with peanut butter and sliced apples
- Tortillas with peanut butter and honey
- Tortillas with peanut butter and jelly

Simple Meat and Cheese Snacks

- Leftover chicken or roast beef
- Sliced cheese, any variety
- Cheese sticks
- [Laughing Cow Spreadable Cheese](#)
- Lunchmeat
- Summer Sausage
- Beef Jerky
- Quesadillas (with just cheese, or with meat also)
- Tortilla Roll-Up with meat and cheese
- [Chicken Salad](#) on crackers, lettuce, or a tortilla
- [Tuna Salad](#) on crackers, lettuce, or a tortilla

Nutty Snacks (and Seeds too!)

- Peanuts
- Almonds
- Cashews
- Pistachios
- Walnuts
- Macadamia Nuts
- Sunflower Seeds
- Pumpkin Seeds
- Any combination of all of the above, with dried fruit and maybe a chocolate chip or two tossed in!



Simple Snack Recipes That Are Quick to Make and Fun to Eat!

- [Chocolate Frappe](#)
- [Homemade Fruit Leather](#)
- [Frozen Yogurt Cups](#)
- [Honey Peanut Bars](#)
- [Mudballs](#)
- [Nectarine Cream Cups](#)
- [No-Bake Chocolate Fudge Bites](#)
- [No-Bake Peanut Butter Cookie Bites](#)
- [No-Bake Snickerdoodle Bites](#)
- [Pineapple Fluff Salad](#)
- [Raspberry Lemon Cream Cups](#)
- [Strawberry Cheesecake Parfait](#)
- [Chocolate Strawberry Cheesecake Parfait](#)
- [Americana Cheesecake Parfait](#)
- [Chocolate Whipped Cream](#) for Coffee or Fruit
- [Strawberry Milkshake](#)
- [Strawberry Peach Slushie](#)
- [Pineapple Mango Smoothies](#)
- [Chewy Granola Bars](#)
- [Cinnamon Apple Toast](#)
- [Coconut Fudge Bars](#)
- [Cranberry Nut Trail Mix](#)
- [Cream Cheese Salsa Dip](#) with tortilla chips
- [Easy Cheesy Bean Dip](#) with tortilla chips or spread onto a tortilla
- [Crispy Cheese Crackers](#)
- [Stevia Sweetened Fat Bombs](#) (Chocolate-Peanut Butter) or [Honey Sweetened Fat Bombs](#)
- [Peanut Butter Raisin Balls](#)
- [Peanut Butter Snack Bars](#)
- [Ranch Cheese Ball](#)
- [Ranch Potato Wedges](#)
- [Raspberry Oatmeal Bars](#)
- [Shortbread](#)
- [Spicy Avocado Dip](#) with tortilla chips
- [Strawberry Milkshake](#)
- [Strawberry Peach Slushie](#)
- [Super Simple Chip Dip](#)
- [Warm Chocolate Soother](#)
- [Warm Vanilla Soother](#)
- [Whole Wheat Crackers](#)
- [Whole Wheat Graham Crackers](#)

Get hundreds more Simple Recipes at HeavenlyHomemakers.com!