

# Healthy Snack Boards

## Mediterranean Snack Board

- + Tzatziki sauce
- + Whole grain pita chips (like Wasa)
- + Feta cheese
- + Hummus
- + Olives
- + Bell peppers
- + Artichoke hearts
- + Tomatoes
- + Roasted peppers
- + Basil and various herbs
- + Fennel
- + Cucumbers
- + Walnuts
- + Dried apricot
- + Dried berries
- + Olive oil, for drizzling

## Plant Foods Snack Board

- + Roasted beet hummus
- + Avocado dip
- + Pomegranate seeds
- + Dark chocolate
- + Grapes
- + Roasted vegetables like asparagus, green beans or eggplant
- + Raw vegetables like cucumber, endive or carrots
- + Nuts like almonds, pecans, or walnuts
- + Apple slices
- + Almond butter
- + Roasted vegetable chips
- + Whole grain crackers
- + Seed bark

