



# ***Quick Snacks Ingredient List***

## **Ants on a log**

- 3-5 celery sticks
- 1-2 tbsp. of peanut butter
- Small box of raisins

## **Taco Salad/Loaded Nachos**

- Favorite flavor of corn chips
- Lettuce
- Tomatoes
- Onions
- Black olives
- Apple cider vinegar
- Salt
- Pepper
- Ground beef
- Taco seasoning packet
- Refried beans
- Mild chilies
- Taco/Mexican blend of shredded cheese
- Sour cream
- Salsa
- Guacamole

## **Jiddoo salad**

- 1 small tomato
- 2 mini cucumbers
- 1 small onion
- Apple cider vinegar
- Red wine vinegar
- Olive oil
- Salt
- Pepper

## **Veggie Snacks**

- 3-5 of each vegetable: carrot sticks, celery sticks, cucumber slices, cherry tomatoes
- 1-2tb of ranch dressing

## **S'mores**

- 1 graham crackers split in 2
- 1-2 large marshmallows
- 1/3 Hershey's bar