

# 50+ CLEAN SNACKS

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1. Choc Chip Bliss Ball Mix (tastes like Choc Chip cookie dough)
2. Handful of strawberries
3. Sliced apple with nut butter
4. Choc Raspberry Bliss Ball Mix (super low in sugar with only 1.2 grams per serve)
5. Handful of nuts and dried fruit
6. Fresh medjool dates
7. Celery and peanut butter
8. Rice crackers and honey
9. Sliced banana dipped in raw chocolate
10. Unsweetened yogurt with Clean Mixes crumble
11. Corn thins with nut butter
12. Crackers topped with avocado
13. Carrot sticks
14. Sliced apple
15. Carrots and hummus
16. Paleo toast topped with hummus
17. Chocolate protein, 1/2 banana plus peanut butter
18. Frozen grapes
19. Hard boiled eggs
20. Frozen banana (peel then freeze - it's like a popsicle!)
21. Salted Caramel Bliss Ball Mix
22. Unsweetened yogurt with peanut butter swirl
23. Frozen Clean Mixes Bliss Ball
24. Tablespoon of flavoured nut butter
25. Popcorn
26. Kale chips (kale, oil, seasoning, chilli, then bake in the oven)
27. Beef Jerky
28. Cottage cheese on corn thins
29. Green juice
30. Cherry tomatoes
31. Banana smoothie; unsweetened almond milk, honey, 1/2 banana
32. Guacamole on rice crackers
33. Sugar snap peas
34. Sweet potato chips (home made)
35. Tuna on corn thins
36. Sweet potato toast (thinly sliced sweet potato in the toaster)
37. Edamame
38. Handful of berries
39. Choc Hazelnut Bliss Ball Mix (tastes like Ferrero Rocher)
40. Banana Nut Butter Sandwich (nut butter between slices of banana)
41. Homemade dip; sun-dried tomatoes blended with chickpeas with vege sticks
42. Cooked Chicken breast
43. Chocolate Bliss Ball Mix (nut free)
44. Egg muffins (fill muffin tray with ham and veges, pour whisked egg over the top and bake)
45. Banana
46. Roast chickpeas
47. Clean Mixes made into a slice/bar (add paprika and bake in the oven)
48. Banana oat cookies; 1 banana, 1/2 cup of oats, smash together, and bake
49. Espresso Bliss Ball Mix
50. Poached egg on wholewheat toast
51. Roast sweet potato fries

## HINTS & TIPS

Be aware of hidden sugars in sauces, juices, crackers etc.

Respect our bodies with good food, hydration and exercise.

Having easy to reach snacks are key to ensure we don't reach for 'unhealthy' options.

Try freezing some of the above snack for easy transportation in summer.

When making your Clean Mixes, if they seem too wet, pop them in the fridge to harden a little before rolling.

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BLISS BALL MIX

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