**30 Fancy Snack Ideas;**

1. Nut Mix; Combine walnuts, almonds, cashews, pecans, pepitas, sunflower seeds, carob chips and dried chopped Plum (all raw).
2. Tamari-seasoned rice crackers & a squeeze of hot sauce.
3. Place chopped smoked salmon onto lettuce leaf % top with dill.
4. Sprinkle drained canned artichoke hearts with lemon zest, capers, chopped fresh basil and olive oil.
5. Stuffed Mushrooms: Briefly roast button mushroom caps until softened. Fill with pesto and a little chopped turkey.
6. Smoked Turkey Pinwheels: Spread a layer of hummus on sliced smoked turkey breast and top with thinly sliced tomato. Roll up and cut into 1-inch pieces.
7. Spruce up a shot of tomato juice by topping it with finely chopped cooked shrimp, shallots & crumbled crackers.
8. Whisk together almond butter + tamari + a few drops of water. Use as an Asian-style dip for baby bok choy.
9. 5-Spice Pumpkin Seeds: Toss salted pumpkin seeds with sesame oil & Chinese five-spice powder - bake at 160° until crisp.
10. Turn cucumber slices into crackers: Spread them with olive tapenade and garnish with chopped fresh tarragon.
11. Dunk root veggie chips (such as Terra chips) into Greek yoghurt seasoned with hot sauce and orange zest.
12. Ants on a Log: Stuff celery sticks with cashew butter and dot with dried currants.
13. Mix crisp and spicy jarred corn relish with chopped tomatoes and cilantro; eat with rice crackers.
14. Stuff iceberg lettuce leaves with chopped ripe tomatoes and cucumbers and a dollop of hummus.
15. Dip sugar snap peas in a mixture of Greek yogurt and a bit of jarred pesto.
16. Chickpea Poppers: Thoroughly dry canned chickpeas. Spritz with extra-virgin olive oil, season with dried oregano & garlic salt and roast at 400° until crisp.
17. Spread granny smith apple wedges with chunky cashew butter and top with toasted sesame seeds.
18. Fill endive spears with chopped Bosc pears and season with balsamic vinegar.
19. No-Chop Gazpacho: Combine tomato juice, cucumber, capsicum and onion in a mini chopper, and then pulse just until chunky. Add a splash of red wine vinegar.
20. Cut jicama into sticks, squeeze with lime juice & dip in a sauce of chunky almond butter, honey & fresh ginger.
21. Combine finely chopped broccoli, multi-coloured capsicum and scallions with Greek yogurt and a dash of prepared horseradish. Keep a bag of baby carrots close by.
22. 1-2-3 Thai Slaw: Open a bag of shredded carrots; dress lightly with toasted sesame oil, lime juice, olive oil, honey and a dash of cayenne pepper. Toss in chopped salted peanuts.
23. Shred iceberg lettuce into tuna salad and eat on thick-cut organic or homemade bread-and-butter pickles.
24. Devilled Eggs: Replace mayo with Greek yogurt to make devilled eggs. Fold a handful of finely chopped watercress and a pinch of Old Bay seasoning into the yolks.
25. Stuffed Figs: Split plump dried figs and stuff with toasted hazelnuts.
26. Halve a cup of cherry tomatoes and drizzle them with olive oil.
27. Sneak some finely chopped Swiss chard into your pesto, and then spoon onto garlic pita chips.
28. Indian-Spiced Cashews: Toss raw cashews in coconut oil and curry powder and roast at 160° until golden.
29. Sushi Stick: Roll up sliced avocado, cucumber spears & brown rice in a nori sheet.
30. Fruit Compote: Choose 1 cup of either; blueberries, raspberries, strawberries or apple. Mix 1 cup of fruit with olive oil, cinnamon & a touch of stevia if desired & pan-fry until they're on the brink of bursting, then eat while warm.