

**QUICK AND
EASY SNACKS
FOR THE BUSY
MOM**

Apple and Peanut



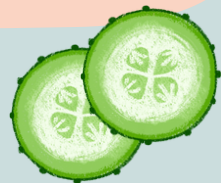
Butter



Cottage Cheese
with Fruit

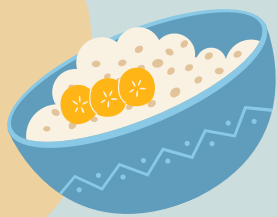
String Cheese and
Whole Wheat
Crackers

Hummus, Carrots,
and Cucumbers

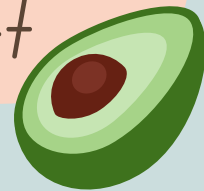


Mixed Nuts,
Dried Fruit,
Cheese Cubes

Oatmeal with
Bananas and
Peanut Butter



Avocado with Whole
Wheat Toast



Greek Yogurt,
Berries, and Granola