



10 On-the-Go Easy Healthy Snacks



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As a mum, I know how challenging it can be to eat well while managing the daily whirlwind school drop-offs, work meetings, sports practice, and all the other endless tasks life throws at us.

So often, we prioritize everyone else's needs packing lunches, planning dinners, keeping up with schedules — that our own nutrition ends up at the bottom of the list.

This guide is for you or anyone who's always on the move but still wants to nourish their body with real, wholesome food.

Inside, you'll find 10 simple, delicious, and nutritious snack recipes that are:

- Quick to make
- Easy to pack
- Perfect for busy days

Whether you're heading to a meeting or just trying to get through the afternoon slump, these snacks will keep you energized and satisfied without the sugar crash.

So let's get snacking — the healthy way!

– Bec Kaiser

NO-BAKE ENERGY BITES



INGREDIENTS

- 1 cup rolled oats
- ½ cup peanut butter (or almond butter)
- ⅓ cup honey or maple syrup
- ¼ cup mini chocolate chips
- ¼ cup ground flaxseed

1. Mix all ingredients in a large bowl.
2. Roll into 1-inch balls.
3. Store in the fridge for up to a week.



CHIA PUDDING TO-GO

Ingredients:

2 tbsp chia seeds

1/2 cup milk (dairy or plant-based)

1 tsp honey or maple syrup

Instructions:

1. Mix chia seeds, milk, and sweetener in a jar.
2. Refrigerate for 4+ hours or overnight.
3. Add fruit before serving.



CUCUMBER HUMMUS BOATS

Ingredients:

1 cucumber

1/2 cup hummus

Paprika or everything bagel seasoning

Instructions:

1. Slice cucumber in half lengthwise, scoop out seeds.
2. Fill with hummus and sprinkle with seasoning.



GREEK YOGURT PARFAIT CUPS



INGREDIENTS

- 1 cup plain Greek yogurt
- 1/2 cup granola
- 1/2 cup mixed berries
 - Drizzle of honey (optional)



INSTRUCTIONS

1. Layer yogurt, granola, and berries in a small jar or container.
2. Keep chilled until ready to eat.

DIY TRAIL MIX

Ingredients

- 1/2 cup almonds
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds
- 1/4 cup dark chocolate chips
- 1/2 cup popcorn

Instructions

1. Mix all ingredients together.
2. Store in a zip-top bag or container.



TURKEY & CHEESE ROLL-UPS

Ingredients:

- 4 slices turkey breast
- 2 slices cheese (cut in half)
- Optional: pickle or veggie strips

Instructions:

1. Place cheese and pickle/veggie on turkey slice.
2. Roll up tightly
3. Hold with toothpick if needed



VEGGIE WRAP PINWHEELS

Ingredients

- 1 whole wheat tortilla
- 2 tbsp hummus
- 1/2 cup shredded carrots
- 1/2 cup baby spinach
- 1/4 cup sliced cucumbers

Instructions

1. Spread hummus over tortilla.
2. Add veggies, roll tightly, and slice into pinwheels.
3. Store in an airtight container.



FROZEN YOGURT BARK

Ingredients:

- 1 cup Greek yogurt
- 1 tbsp honey or maple syrup
- 1/4 cup mixed berries (blueberries, strawberries, raspberries)
- 1 tbsp granola
- Parchment paper



Instructions:

1. Mix Greek yogurt and honey.
2. Spread on a parchment-lined tray.
3. Top with berries and granola.
4. Freeze for 3–4 hours, then break into pieces.

MINI MUFFIN FRITTATAS

INGREDIENTS

- 6 eggs
- 1/4 cup milk
- 1/2 cup chopped veggies (like bell peppers, spinach, tomatoe)
- 1/4 cup shredded cheese

INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients, pour into greased mini muffin tin.
3. Bake for 15-18 minutes until set.



RICE CAKE WITH NUT BUTTER & BANANA

INGREDIENTS

- 1 rice cake
- 2 tbsp peanut or almond butter
- 1/2 banana, sliced
- Sprinkle of chia seeds

INSTRUCTIONS

1. Spread nut butter on rice cake.
2. Top with banana slices and chia seeds.

