



Salmon Cracker Stacks

A quick, satisfying snack — perfect for work, school or on the go.



SERVES
1



PREP TIME
5 MIN



NO COOKING
REQUIRED



GOOD SOURCE
OF PROTEIN

What You Need



1 (3.9 oz)
can salmon



Whole-grain
crackers



Cream cheese
(or your favorite spread)



Cucumber
(sliced)



Chives
(or herbs)



Lemon juice
(optional)

How to Enjoy

1

Top crackers with
a layer of cream
cheese.

2

Add flaked salmon
and a slice of
cucumber.

3

Sprinkle with chives,
pepper or a squeeze
of lemon. Enjoy!



Open. Create. Enjoy.

GOOD FOR YOU



**HIGH-QUALITY
PROTEIN**
Helps keep you full and focused



**SUPPORTS
BRAIN HEALTH**
Rich in omega-3 fatty acids



REAL INGREDIENTS
Nutritious and delicious