

# 9 FAVE SWEET SNACKS

less refined sugar +  
totally delish



pinch of yum



1



## PECANS AND HONEY

I eat this every day as my wake-up snack while I'm waiting for my coffee to brew.

That's right, kids. I enjoy a snack **BEFORE BREAKFAST**.

Any nuts in a little dish with a bit of raw local honey = a happy munch.

## BERRIES + COTTAGE CHEESE

Berries with cottage cheese has been a long-time favorite snack of mine since way before the food bloggy days.

Bjork thinks cottage cheese should be sprinkled with salt and pepper, but in my book, that is all kinds of wrong.

It's creamy, filling, and the perfect partner for all those sweet lil' berries.

2



3



## BERRY RICOTTA WAFFLE

Toast a frozen waffle.  
Kashi makes good ones.

Spread with low-fat Ricotta cheese.  
Or full fat. HONESTLY.

Arrange some berries neatly on top  
and sprinkle with something cutesy.

Voila delish hooray!

## ALMOND BUTTER DATES

Medjool Dates. Almond Butter.  
Oh my stars.

My favorite way to eat dates is  
to take out the pit in the middle  
and stuff the insides with a little  
natural almond butter.

This fancy version had chia seeds  
and crushed almonds sprinkled on  
top, because SprinklerOfFoods is  
my middle name.

4





5



## COCONUT FRUIT DIP

To make your coconut fruit dip dreams come true:

- 8 ounces low fat cream cheese
- 1/2 cup light coconut milk
- 1 teaspoon vanilla
- 2 tablespoons honey

Cream with an electric mixer until smooth. Dip to your little fruit-loving heart's delight.

## KIND BARS

One of the challenging things about eating less sugar: store-bought // grab-and-go snacks that still taste amazing.

KIND bars have been our go-to for quick snacks. Their granola bars have short ingredient lists (real food! yay!) and no more than 5 grams of sugar.

Dark chocolate nuts and sea salt?  
WINNING.

6





7



## GREEK YOGURT + GRANOLA

We are plain Greek yogurt people. (Except actually, we are sugary ice cream style yogurt people, but then we quit sugar. So.)

I like Greek Gods brand.  
Bjork likes Fage brand.

We both like it sprinkled with homemade granola, but in a pinch, KIND brand makes granola that is lower in sugar and sold at lots of grocery stores. Wee!

## CRACKERS, CHEESE & FRUIT

This should be called  
"Things I Eat For Lunch."

Because, honestly. You're looking at it. This is my new all-time favorite snack because you get the crunch of the cracker, the creaminess of the cheese, and the sweet juiciness of the fruit.

Our fave sugar free cracker brands:  
Blue Diamond, Harvest Stone, and  
Doctor Cracker

8





9



## SIMPLE MANGO SMOOTHIE

To make this mango smoothie, go get yourself -

- 1 cup frozen mango
- 1 cup milk (or almond milk)
- a few ice cubes
- a cute straw, obvi

Partially thaw the mangoes. Blend with the milk and the ice cubes. Insert cute straw and sip happy.

Thanks for snacking with me!

Tag @pinchofyum on Twitter and Instagram to show me your favorite naturally sweet snacks!

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