

# 5 EASY HOMEMADE SNACKS FOR Road Trips

Healthy snacks to stock up on to avoid fast food stops  
and unhealthy snacking.

## 01 Peanut Butter Cereal Bars

All you need is Honey Nut Cheerios, peanut butter, honey and chocolate chips. Melt the peanut butter and honey together, then stir in the Cheerios and chocolate chips. Place mixture into a parchment-lined pan, refrigerate for 45 minutes, and enjoy!



## 02 Pantry Popcorn Mix

Toss handfuls of your favorite snacks in a bowl with popcorn and you've got a quick, tasty snack mix that travels anywhere! Try using pretzels, cashews, dried cranberries and peanuts.

## 03 Veggie Pinwheels

Grab a pack of spinach tortilla wraps. Thinly slice up your favorite veggies. Spread a thin layer of light tzatziki sauce on the tortilla and lay out the veggies. Roll up the tortilla, slice into sections and use a toothpick to hold each bite together.



## 04 Protein Lover's Trail Mix

When you need that extra bit of protein, this snack is great for you! Chop up 2 sticks of organic pepperoni sticks and 1 stick of sugar free beef jerky. Combine with your favorite nut mixture and peanut butter filled pretzels and any other snacks you want.

## 05 Sweet and Salty Energy Bites

Combine 1 cup of oats with 2/3 cup of coconut flakes and chopped almonds. Mix in 1/2 cup of almond butter, 1/2 cup of flax seeds, 1/3 cup honey, a teaspoon of vanilla extract and 1/4 teaspoon of sea salt. Chill for an hour, roll into bite-sized balls and enjoy!

