



WHY SMART SNACKING MATTERS

Snacking smart is all about choosing foods that *fuel*, not drain. Ditch the sugar crashes and ultra-processed bites—summer snacks can be fun, fast, and full of function.



WHY CALIFORNIA WALNUTS?

- **Omega-3 powerhouse:** 2.5g of ALA per ounce (the only nut with this!)
- **Satisfying & crunchy:** 4g protein + 2g fiber per serving
- **Freshness tip:** Keep walnuts in the fridge or freezer to preserve nutrients

Quick Snack Ideas:

- Sprinkle on Greek yogurt bowls or oatmeal
- Add to grain salads for texture
- Blend into smoothies or power bites

Recipe: WALNUT-DATE POWER POPS

- 1 cup oats
- ½ cup Natural Delights Pitted Medjool Dates
- ½ cup California Walnuts
- 1 tbsp chia seeds
- ½ tsp cinnamon

Blend and roll into balls. Store in fridge. Protein-packed and kid-approved!

Recipe: WALNUT-YOGURT SNACK JARS

- ½ cup plain Greek yogurt
- 2 Natural Delights dates, chopped
- 2 tbsp chopped California Walnuts
- Dash of cinnamon or drizzle of honey
Layer in jars and store chilled for a grab-and-go snack.

Recipe: SAVORY WALNUT HUMMUS DIP

- 1 cup chickpeas, drained
- ½ cup California Walnuts
- Juice of 1 lemon
- 1 garlic clove
- 2 tbsp olive oil + 1–2 tbsp water
Blend all and enjoy with veggie sticks or whole-grain crackers.



WHY MEDJOOL DATES?

- **Naturally sweet & low glycemic**
- **High in fiber + potassium**
- **No added sugars or processing**

Snack Hack: APPLE-DATE “CUPCAKES”

- Apple slices as your “base”
- Spread with nut butter or Greek yogurt
- Top with chopped walnuts and a sliced Medjool date
- Sprinkle cinnamon or mini chocolate chips for fun!

BENTO BOX BLISS

Make it once, grab it all week. Ideas to mix & match:

- Cucumber coins
- Mini cheese cubes or Babybel
- California Walnuts
- Medjool Dates

WHERE TO SHOP

- **Natural Delights Dates:** Whole Foods, Safeway, QFC
- **California Walnuts:** Sprouts, Fred Meyer, Metropolitan Market

 **Want personalized nutrition tips? Book a discovery call with a dietitian to further improve your health**

 <https://l.bttr.to/0JNaL>
