

HEALTHY ON-THE-GO SNACKS FOR PEOPLE ON-THE-GO!

A NatureFresh™ Learning Initiative



QUICK & DELICIOUS
SNACK COMBINATIONS
TO PAIR WITH
BELL PEPPERS.



BELL PEPPERS



GRAPE TOMATOES



ALMONDS



FRESH LEMON/LIME

PICK A
FLAVOR



KALE



BROCCOLI



BROWN RICE



SNOW PEAS



CILANTRO



MUSHROOMS

RESULTS = DELICIOUS SNACK IDEAS!

Visit naturefresh.ca for more recipe ideas

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