

# teenVOGUE

NUTRITION

## 10 On-The-Go Snacks That Are Actually Healthy

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From waffles to chips.

 Sharon Feiereisen

Everyone loves Sour Patch Kids and Snickers, but no one likes the high fructose corn syrup crash the inevitably ensues. Luckily brands are getting wise to the fact that there's a growing demand for healthy indulgences that don't skimp on taste. Here's a look at 10 to slip into your pocket next time you have one of those go-go-go days.



### VIKING WAFFLES

Created by a Crossfit trainer, [Viking Waffles](#) aren't your average breakfast staple. Individually sealed and packaged each waffle is high in protein, sugar-free, gluten-free, low GI, and low fat. They're flavored thanks to protein powders used in the baking process and there are absolutely no fillers. But don't let the sugar-free scare you! There's stevia in the mix to satisfy those unrelenting sugar cravings.



## SIMPLY 7

Chips will never be a total pass, but when the need for something salty hits reach for **Simply 7**. The brand makes kale, quinoa, lentil, or hummus-based salty snacks, all of which are made using all-natural, simple-to-pronounce ingredients. They are also non-GMO and gluten-free.



## JUSTIN'S

Who doesn't love peanut, almond, and hazelnut butters? They not only taste great, but they're loaded in healthy fats. Unfortunately it's very easy to overdo it and eat way more than one serving size. Justin's has a solution with their portion controlled **snack packs**. The butters contain less sugar than competitors and no emulsifiers or preservatives. They're also dairy-free and each pack comes with pretzels for on-the-go dipping.



## 2 ARMADILLOS

When the craving for something spicy hits checkout **Spicy Cayenne Chickpeatos** from 2 Armadillos. Made with organic chickpeas, organic olive oil, salt, cayenne pepper, and chili powder – that's it – they're a clean, flavorful snack with 6 grams of protein and lots of fiber. In keeping with the chickpea idea, **Falafel Chips**, high in fiber and protein, are also worth a taste.



## SUNBIOTICS

We all know that nuts are a healthy part of our diet, but did you know that 99.9% of the ones you buy aren't raw? **Sunbiotics** almonds are all raw meaning they've been soaked and dried at low temperatures making them easier to digest and preserving more of their health benefits. They've also been enhanced with organic probiotics and minerals and come in a variety of flavors so you can target both sweet and salty cravings.



## YOLO FARMSTAND

Enjoy nature's gummy bears the way they were meant to be enjoyed with Yolo Farmstand's **Bite-Size Sun Dried Peaches**. You'll notice they're considerably more flavorful than your average dried fruits even though they've got nothing added – no salt, no oil, no sugar, no sulfur. Carefully picked from exclusively 100% organic growers they're naturally sun-dried to preserve all of their health benefits and maximize flavor. Seriously...you'll never want a GMO-filled gummy bear again.



## HU KITCHEN

We all love chocolate but no one really loves that 70%+ cocoa bitter bar we're told to eat when we have a craving. **Crunchy Banana Chocolate Bar** is an alternative that just happens to be sugar, soy, gluten, GMO, and dairy free, but actually tastes delicious. It's one of a handful of bars created by Hu Kitchen, a brick and mortar focused on unprocessed foods (and a favorite of many celebrity trainers).



## FREEZE DRIED ROASTED CORN 1.6 OZ

### NATIERRA

Crunchy and naturally sweet (i.e. no sugar added) **Natierra's Freeze Dried Roasted Corn** is a great alternative to popcorn. Their unique freeze-drying process allows the kernels to maintain all of their essential nutrients. Salt and cholesterol-free, they're also high in fiber and protein.



### THE 4:00 COOKIE

**The 4:00 Cookie** was created with the afternoon slump in mind, but the founders didn't want a product full of white sugar and white flour, which would not only lead to more cravings but an imminent crash. The result? A line of gluten-free cookies made with low-glycemic sweeteners, organic gluten-free oat flour, organic gluten-free oats, flaxseeds, nuts, fruit, and dark chocolate... aka delicious cookies that hit the spot while allowing us to avoid the crash-and-burn sugar rush.



## PEACEFUL FRUITS

Not your run-of-the-mill fruit roll-up Peaceful Fruits' fruit leathers, which comes in **two flavors**, are not only healthy but ethically harvested. In fact the line was started by a Peace Corps volunteer in Surinam. Both of the brand's flavors are made using non-GMO, organic, wild-harvested açai, which is loaded in omega-fatty acids and antioxidants and unlike most leathers these are completely preservative-free.