

## SMART SNACKING WITH SANTA CRUZ ORGANIC PRODUCTS - MYRAH DUQUE



### “Better For You” Snacking with Santa Cruz Organic Products

**Low-Guilt snacking** is something I’m trying to focus on for myself and my husband this year. Both of us are always on the go, and we’ve gotten into the habit of snacking on chips and other junk foods as a result of that. I’m changing that this year and making better snack choices a part of both my and my husband’s life. And if I can get some quality snacks that are also delicious, even better!

### “Better For You” Snacking at Home or on the Go

Since my husband and I started snacking and eating junky stuff as a result of your hectic schedules, I think it’s only right that I make smarter alternatives a part of our lives both in and out of our homes. I’m focusing on foods that are easy for me to make for on the go snacking and grab at home for easy snacking without a lot of work on my part!



To that end, I've started opting for delicious peanut butter, fruit spreads, and apple sauces from Santa Cruz Organic. Their all-natural, organic spreads and applesauce offer a better alternative to chips and sweets. With their products, I can make healthy snacking a part of our lives every day, and I can do it easily. Because, as we all know, there's really nothing easier than a jar of peanut butter, jelly, or applesauce.

I headed over to Target and picked up a jar each of Santa Cruz Organic Peanut Butter Dark Roast Creamy 16oz, Santa Cruz Organic Apple Sauce and the Santa Cruz Organic Strawberry Fruit Spread 9.5oz. That set us up for good-for-us snacking at all times!



### **Smart Snacking at Home**

At home, there's the classic peanut butter and jelly sandwich. In this case, the jelly is a delicious Santa Cruz fruit spread. I also enjoy a bowl of their organic applesauce with a couple of graham crackers. Yummo!

### **Smart Snacking on the Go**

For on the go snacking, I put a new twist on a classic PB&J. Instead of bread, I use butter crackers like Ritz or Keebler. Then I just put a thin layer of Santa Cruz peanut butter on one cracker and fruit spread

on the other. Presto. Instant portable PB&J. Their organic cinnamon applesauce in a 4 oz cup also makes the perfect portable snack for me and my husband.



## **“Better For You” Snacking is Tasty Snacking with Santa Cruz**

I'll admit it. If it doesn't taste good, my husband and I probably won't eat it, or we won't eat it for very long. That's why I was so excited to find these organic products from Santa Cruz at my local Target (and right now you can save 25% with Cartwheel!). Their all-natural, organic products give us healthy fats (peanut butter), along with vitamins and antioxidants (fruits spreads and applesauce). They're the tastiest way to make healthy snacking a reality for us, and we're loving it!