Fruit Ice Pops
Cut fresh fruit—like kiwi, strawberries, and peaches—into bite-size pieces. Pour peanut butter mixture over oats, and mix together. Using wet hands, make 1-inch balls. Put in fridge for 20 to 30 minutes.

Frozen Yogurt Bark
Whisk 2 cups of non-fat yogurt, 1/4 cup maple syrup, 1/2 teaspoon vanilla extract, 1/4 teaspoon lemon juice, and a pinch of salt. Line a baking sheet with parchment paper. Pour yogurt mixture on top, and spread evenly. Gently press in berries. Add nuts if desired. Freeze for 2 to 3 hours and then cut into pieces.

Granola Bites
Mix 1 1/2 cup oats, 1/2 cup walnuts, and 1/4 cup mini chocolate chips. In another bowl, mix 1/3 cup peanut butter (or sunflower butter) with 1/3 cup honey until smooth. Pour peanut butter mixture over oats, and mix together. Using wet hands, make 1-inch balls. Put in fridge for 20 to 30 minutes.

Frozen Yogurt Blueberries
Mix a large scoop of plain yogurt with blueberries. Add a dash of ground cinnamon. Place the dipped blueberries on parchment paper and freeze for 1 hour.

Frozen Yogurt Bark
Whisk 2 cups of non-fat yogurt, 1/4 cup maple syrup, 1/2 teaspoon vanilla extract, 1/4 teaspoon lemon juice, and a pinch of salt. Line a baking sheet with parchment paper. Pour yogurt mixture on top, and spread evenly. Gently press in berries. Add nuts if desired. Freeze for 2 to 3 hours and then cut into pieces.

Chia Pudding
In a bowl, pour 6 tablespoons chia seeds and 3/4 cup almond milk. Stir and let sit in the fridge for 1 to 2 hours. Once the mixture has turned thick, mix in 1 teaspoon maple syrup or honey. Top with berries.

Cucumber Hummus Cups
Cut cucumbers into thick slices. Using a melon scooper, remove most of the inside, leaving a little at the bottom. Fill each cucumber cup with hummus, and insert pretzel sticks into the hummus.

Baked Cinnamon-Apple Chips
Slice apples 1/8 inch thick. Place slices in a single layer on parchment paper, and sprinkle ground cinnamon on top. Bake for 1 hour at 225 degrees, flip, and bake for 1 more hour.

Strawberry Cheesecake Smoothie
Blend 4 ounces of Greek yogurt, 1/4 cup low-fat cottage cheese, 1 cup frozen strawberries, 1/3 cup almond milk, and 1 tablespoon honey. Top with graham crackers and strawberries.

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