



Healthy snacks for everyday (Photo: Culinary hill)

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5 Recommended Healthy Snacks for Everyday, Tasty and Filling

Wilda Fajriah | Friday, 07 May 2021 - 15:59:00 WIB

JAKARTA, iNews.id - Eating **healthy snacks** is the best alternative when you are very busy with activities. Moreover, prolonged WFH makes life even more difficult.

Especially for women who already have children. On the one hand, they have to manage the whole house and then provide all the work according to the deadlines. Not to mention if the child is fussy.

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But what about your health? During this crisis, you need to eat more **healthy foods** to have a stronger immune system. But, definitely don't have enough time to cook.

Therefore, the Founder and Chairman of Saba Group, Doctor Malini Saba, provides recommendations for healthy snacks for those of you who are busy, as reported by Pinkvilla.

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Guacamole and **Corn Chips**

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For those of you who are busy, of course, need healthy fats to produce energy. You will need ripe avocado, diced tomatoes and onions, a little olive oil and spices.

How to make it, squeeze the avocado and mix the diced vegetables. You can add a dip with some corn chips on the side.

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[6 Recommendations for Healthy Foods that Must Be Consumed to Boost Immunity](#)

Club Sandwich

Take 2 slices of bread, a little butter and lots of vegetables like tomatoes, beets, cucumbers and onions ensuring you eat a nutritious snack with all the nutritional value intact.

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Vegetable Wrap

Do you have leftover bread and vegetables in the fridge? Lightly fry those vegetables and wrap them in a bun with thick green chutney for a quick, healthy, and nutritious snack.

Fruit salad

Sometimes all you need is a bowl of fresh fruit to stay hydrated and improve digestion. Chop the watermelon, melon, blueberries, oranges, and bananas and mix them with a little orange juice or the juice of your choice. The perfect healthy snack is ready.

Chocolate Almond Date Balls

Here's an interesting way to make sure you eat the dried fruit parts. Crush almonds and mix with mashed dates, cocoa powder and coconut flakes to make Chocolate Almond Date Balls. This delicious snack is perfect for those of you who like sweet foods.

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