

7 Healthy Late-Night Snacks

1. Greek Yogurt with Berries (Dairy-Free Option Available)

How to Make It: Scoop 1 cup of Greek yogurt (or coconut/almond yogurt) into a bowl. Add a handful of berries—blueberries, raspberries, strawberries, or a mix. Optional: drizzle with raw honey or sprinkle chia seeds.

Benefits: High in protein for fullness, probiotics for gut health, antioxidants for cell protection, naturally sweet without a sugar spike.

2. Hummus with Cucumber or Bell Pepper Slices

How to Make It: Slice cucumbers and/or bell peppers into strips. Dip into your favorite hummus.

Benefits: Plant-based protein, fiber for digestion, hydration from veggies, satisfying without heaviness.

3. Apple Slices with Almond Butter

How to Make It: Core and slice an apple. Spread almond butter on each slice. Optional: sprinkle with cinnamon or hemp seeds.

Benefits: Steady blood sugar from slow-digesting carbs, healthy fats to curb hunger, vitamins and antioxidants.

4. Walnuts, Pecans, Almonds & Dates

How to Make It: Mix a handful each of walnuts, pecans, and almonds with 2–3 pitted dates.

Benefits: Healthy fats, magnesium for muscle relaxation, natural sugars for sweet cravings, rich in minerals.

5. Banana Dipped in Coconut Oil & Cocoa Powder (Frozen)

How to Make It: Melt 2 tbsp coconut oil and mix with 1–2 tsp cocoa powder. Slice banana, dip in mixture, freeze on parchment for 1 hour.

Benefits: Potassium for muscles, healthy fats for satiety, antioxidants from cocoa, dessert-like taste.

6. Low-Calorie, Low-Salt Rice Cake with Almond Butter & Fresh Berries

How to Make It: Spread almond butter on a rice cake. Top with sliced strawberries and blueberries.

Benefits: Light and crunchy, healthy fats for hunger control, antioxidants to fight inflammation, easy to digest.

7. Celery Sticks with Nut Butter & Raisins/Craisins

How to Make It: Cut celery into 3–4 inch sticks, spread with nut butter, top with raisins or dried cranberries.

Benefits: Hydrating crunch, protein and healthy fats, natural sweetness, simple and fun.