

Sweet Without Sugar: Guilt-Free Snack Ideas

Naija-Style Sugar-Free Snacks

Roasted plantain (Boli)

Fresh tiger nuts (Aya) or tiger nut milk

Date balls with groundnuts or coconut flakes

Zobo sweetened with dates or monk fruit

Boiled or roasted corn with coconut

Garden eggs with groundnut dip

Ube (African pear) with roasted corn

Ogi (pap) with no sugar, topped with cinnamon and nuts

Avocado slices with lime and a pinch of salt

Coconut meat or unsweetened coconut chips

Roasted groundnuts or cashews (unsalted)

Unripe plantain chips (baked or lightly fried)