

Sweet Without Sugar: Guilt-Free Snack Ideas

12 Sugar-Free Snacks You Will Love

Frozen grapes

Banana slices with natural peanut butter

Chia seed pudding with coconut milk and cinnamon

Dark chocolate (70% cocoa or more)

Apple slices with almond butter and a sprinkle of cinnamon

Homemade popcorn with coconut oil and a pinch of sea salt

Roasted groundnuts (unsweetened)

Dried mango slices (no sugar added)

Zobo sweetened with dates or monk fruit

Coconut chips (unsweetened)

Ginger or cinnamon-spiced herbal teas

Roasted sweet potatoes with cinnamon