Whether you are in search of breakfast on-the-go or an afternoon treat, siggi’s is the perfect base for your snacking needs. We have put together quick pairings that can be whipped up in a few minutes, and will keep you full when you need it most!

**Creamy Peanut Butter and Jelly**

- siggi’s vanilla 0% yogurt
- ¼ cup of berries
- 1 tbsp peanut butter

**Avocado Toast 2.0**

- siggi’s plain 0% yogurt
- ½ an avocado
- red pepper flakes

**3-Ingredient Smoothie**

- siggi’s strawberry filmjölk drinkable yogurt
- ½ banana
- 1 tbsp oats

**Cinnamon and Cardamom Fruit Dip**

- siggi’s whole-milk vanilla yogurt
- ¼ tsp cinnamon
- ¼ tsp cardamom seeds
Have a bit more time on your hands? These recipes are high in protein and lower in added sugar than conventional store-bought snacks. For more recipe ideas, visit siggis.com/recipes.

### coconut & date protein bites

**what you need:**
- 1 cup medjool dates, chopped (about 12-13 large dates)
- 1 cup raw cashews
- ¼ cup hemp seeds, hulled
- ¼ cup chia seeds
- ½ cup almond meal
- ¼ tsp fine sea salt
- ½ cup shredded unsweetened coconut, plus more for rolling
- ¼ cup siggi’s vanilla 0% yogurt

**what to do:**
Combine all ingredients in a food processor and blend to desired consistency. We like keeping the pieces larger for a crunchier ball. When desired consistency is reached, form 1 oz balls then roll in the shredded coconut to coat. Store in the refrigerator and enjoy as a quick snack!

**nutrition facts:**
- Calories 280
- Protein 8g
- Total Fat 15g
- Saturated Fat 3g
- Cholesterol 0mg
- Sodium 50mg
- Total Carbohydrates 36g
- Sugars 25g
- Fiber 7g

### lemon kale hummus

**what you need:**
- 1 cup chickpeas (canned or cooked)
- ¼ cup siggi’s plain 0% or 4% yogurt
- ½ cup loosely packed kale leaves, torn into small pieces
- 1-2 cloves garlic
- juice of ½ lemon
- ½ cup extra virgin olive oil
- salt & pepper to taste

**what to do:**
In a food processor, combine the chickpeas, yogurt, kale, and garlic. On low speed, slowly pour in the olive oil about 1 tbsp at a time, adding more as needed to reach a smooth consistency. Add the lemon juice and salt & pepper to taste, giving the hummus a final whirl in the food processor. You can also use a blender if you don’t have a food processor. Delicious with fresh veggies or as a chip dip.

**nutrition facts:**
- Calories 80
- Protein 3g
- Total Fat 5g
- Saturated Fat 0.5g
- Cholesterol 0mg
- Sodium 250mg
- Total Carbohydrates 7g
- Sugars 1g

### siggi’s breakfast pie

**what you need:**
Crust:
- 2 cups of your favorite granola
- 2 tbsp butter
- dash of salt

Topping:
- 2 cups fresh berries
- 2 cups siggi’s 0% plain yogurt

**what to do:**
Combine all crust ingredients. Press into a 9 inch pie pan and bake for 15 minutes at 350°F. Remove from oven and cool to room temperature. Fill pie crust with yogurt. Add the fresh fruit toppings. Chill in the refrigerator for about 30 minutes before enjoying. Meal prep this on Sunday to have breakfast for the week!

**nutrition facts:**
- Calories 220
- Protein 11g
- Total Fat 10g
- Saturated Fat 4g
- Cholesterol 8mg
- Sodium 180mg
- Total Carbohydrates 22g
- Sugars 10g
- Fiber 4g