



✂ Snack ⏱ 15 min

## Snackbox with Chiquita banana chips, veggies, fruits and nuts.

Your body's favorite fuel source for exercising is unsaturated fats. Take a snackbox with nuts, Chiquita banana chips, veggies, fruits and an energy bar to fuel your body before or after your workout.

1

Cut the bell pepper, carrot and cucumber in the shape you prefer.

2

Make some homemade Chiquita banana chips (see Chiquita recipe).

3

Pour some yogurt in a small glass jar with some blueberries on top.

### INGREDIENTS FOR 2 PERSONS

2 Chiquita bananas  
4 puffed quinoa bars  
20 homemade Chiquita banana chips  
6 strawberries  
2 tbsp walnuts  
1 tbsp blueberries  
1 dairy-free yogurt  
Veggies (bell pepper, carrot and cucumber)

### NUTRITIONAL VALUES PER PERSON

766 Calories  
43,9g Fat  
9,3g Saturates  
7,7g Carbohydrate  
47,1g Sugars  
12,9g Fibre  
18,8g Protein  
0,2g Salt

4

Open a snackbox and add some napkins in it.

5

Add 2 puffed quinoa power bars (see Chiquita recipe), the small glass jar with yoghurt, 1 Chiquita banana, some strawberries and the Chiquita banana chips in the snackbox.

6

Wrap some walnuts in a cupcake liner and put in the snackbox.

7

To finish, don't forget the veggies in the snackbox.

8

Enjoy and share your post snackbox recipe using [#ChiquitaBanana](#)