

Sweet, chewy mmm

We're powering through busy days with a smile, thanks to yummy snack bars loaded with energizing vegetables



Try as we might to get in our five-a-day, it's often easier to reach for a snack bar over fresh produce when we're on the go. So when we started seeing veggie-enhanced chewy bars on the shelves, we were intrigued.

Could our favorite grab-and-go snack really deliver health perks? Turns out, yes! Now that manufacturers are making snack bars with veggies like kale, beets and spinach, we can enjoy the benefits of filling up on veggies (like an 80 percent boost in energy and a 20 percent longer life span) with every sweet bite. Here's to smarter snacking!



If you like

Peanut butter

Paired with jelly, slathered on an apple or piled on a spoon, peanut butter always hits the spot. To make our PB snack as healthy as can be, we stocked up on Perfect Bar Peanut Butter bars (\$3 each, health-food stores). This nutty delight boasts servings of kale, celery and spinach, plus 17 grams of energizing protein.



Fiber One
Oats &
Peanut Butter
Chewy Bar



Perfect
Bar
Peanut
Butter



If you like

Chocolate

Here at Snack Spy HQ, chewy chocolate protein bars are our go-to for instant pep when the 3 PM slump hits. And now Just Great Stuff Chocolate Dream Greens Bars (\$2 each, health-food stores) are giving us another reason to smile. They pack the antioxidant power of 9.5 servings of veggies and taste extra rich and fudgy too!



thinkThin
Brownie
Crunch
High
Protein Bar



Just Great
Stuff
Chocolate
Dream
Greens Bar



If you like

Almond

We know almonds are a healthy snack, but we don't always have time to portion them out before we start our day. Enter Amazing Grass Green Superfood Sweet & Savory Almond Bars (\$3 each, health-food stores), which deliver the nutty flavor and slimming perks of almonds, along with phytonutrients from beets, spinach and carrots. Yes!



Nature
Valley
Sweet &
Salty Nut
Almond Bar



Amazing
Grass Green
Superfood
Sweet &
Savory
Almond Bar