

# smart snacking

Whether you are in search of breakfast on-the-go or an afternoon treat, siggi's skyr 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!



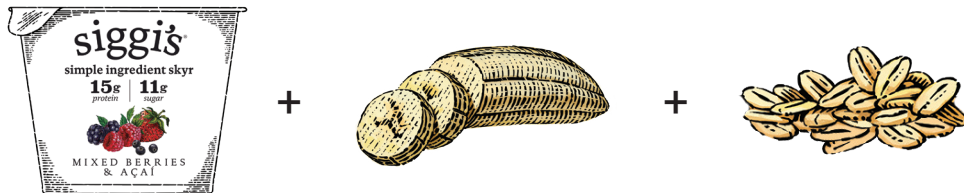
## *creamy peanut butter & jelly*

siggi's 0% raspberry skyr + ¼ cup of berries + 1 Tbsp peanut butter



## *avocado toast 2.0*

siggi's 0% plain skyr + ½ an avocado + slices of jalapeño



## *3 ingredient smoothie*

siggi's 0% mixed berries & açai skyr + ½ of a banana + 1 Tbsp oats



## *cinnamon and cardamom fruit dip*

siggi's whole milk vanilla skyr + ¼ tsp cinnamon + ¼ tsp cardamom seeds