

Oh, nuts! Quick, easy & healthy snacks (for kids without nut allergies)



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Looking for a good snack that gives you a touch of sweet with a touch of salt and is healthy and beloved by children? Then try out the new glazed nuts by [Sahale Snacks](#).

My girls and I have been munching on these all natural snacks when we need a little energy boost after their nap time but before dinner.

There are three varieties: Pomegranate Cashews, Almond PB&J, and Almonds with Cranberry, honey & sea salt. The latter are my fav. My girls preferred the Pomegranate Cashews.

These nuts are available at Whole Foods, [Amazon.com](#) and other locations. Find out more about Sahale's glazed nuts at [sahalesnacks.com](#).

Topics: [Healthy Food](#) , [Food for Healthv Families](#)



Sahale's Cranberry, Honey & Sea Salt Glazed Almonds.