



# How to Build a Mason Jar Snacks

If you're looking for a quick and easy snack that you can take on the go, Mason jar snacks are the perfect solution. Simply fill a mason jar with your favorite bites, seal it up, and you're good to go. Best of all, mason jar snacks are easily customized to fit your taste preferences. Here's how to build the perfect mason jar snack:



## Materials:

- Wide mouth Mason jars with lids – a variety of sizes
- Empty applesauce containers or purchase 2 oz. containers
- Rubber bands
- Utensils of choice



Rim of lid



Disc of lid

## Method:

Fill 2 oz. cup with a smaller portion of food [nuts, seeds, hummus, dressing, etc.] and drop into the inverted rim of the lid. Place disc of lid on the mason jar and quickly invert 2 oz. cup with the rim on top. Twist to secure.

## Food combinations:

- **Fruit + nuts:** Place easy-to-eat fruit, like berries or sliced oranges, in the bottom of a mason jar.
- **Vegetables + clingy dressing:** Place cut-up vegetables in the Mason jar then fill 2 oz. cup with hummus, bean dip, or clingy dressing. Drop cup into jar top with lid and disc – twist to secure.
- **Yogurt + fruit + granola:** Scoop the yogurt into a Mason jar and top with fruit. Follow the method for adding granola.
- **Fruit + nut butter:** Place sliced fruit in a Mason jar and fill 2 oz. cup with nut butter. Drop cup into jar top with lid and disc – twist to secure.
- **Hummus with pretzels:** Scope hummus or another bean dip into a short mason jar for easy dipping. Fill 2 oz. cup with pretzels or crackers and drop cup into jar top with lid and disc – twist to secure.