

## Healthy Living Experts Share Their Favorite Ready-to-Eat Salty and Sweet Snacks



### Alex Glasscock

Founder of [The Ranch at Live Oak Malibu](#)

"I snack on The Ranch's energy bites to satisfy a sweet craving; they taste a bit like a healthy brownie and they're low in sugar and calories. For salty cravings, I recommend our granola, which is made from all organic ingredients including oats, nuts and fruit. It not only tastes good, but is also low in saturated fat and sodium. You can get both at our [online store](#)."