

Easy Snack Ideas

- » Salsa Chipster: Dip baked tortilla chips in salsa
(See Salsa-mole Ole! recipe)
- » Veggie Sliders: Dip sliced vegetables in hummus or low- fat dressings
(See Mega-Mash Chickpea Dip recipe)
- » Fruity-yos: Dip fresh fruit skewers in low-fat yogurt
- » Berry Bonanza: Top strawberries with yogurt
- » Fruity Ways: Pair cottage cheese with fruit and sprinkle with
cinnamon or raisins
- » Strong Strings: Serve reduced-fat string cheese with
whole-wheat crackers
- » Lava Layers: Low-fat yogurt and fruit parfait
(Layer 8 ounces yogurt with 1/2 cup of your favorite fruit)
- » Philly Twists: hot pretzels dipped in mustard
- » Spicy Pops: air-popped pop corn with your favorite spice mix
- » Mix-and-Match Snack Attack (See recipe)