



Healthy Snacks

Peanut Butter-Strawberry Crunch

Spread 1 tablespoon of peanut butter on 3 Triscuits. Drizzle with 1/2 tablespoon honey and top with sliced strawberries.

One-Minute Antipasto Plate

Roll a thin slice of ham around a part-skim mozzarella cheese. Eat with a few grapes, apple slices or banana slices.

Cottage Cheese and Apples

Slice an apple, such as Fuji or Granny Smith, and top with 1/2 cup of low-fat cottage cheese. Or replace the fresh apple with a 1/2 cup of pineapple or peaches.

Cheese Melt

Spread 1/2 teaspoon of spicy mustard on a cocktail-size slice of thin whole-grain rye bread. Add a thin square of sharp Cheddar (about the same size as the bread) and broil until the cheese melts, then top with a slice of tomato.

Fresh Vegetables with Dressing

Slice a cucumber, green pepper, or other vegetable in strips and place on a plate. Dip in a small amount of low-fat dressing.

Fruit Smoothie

1 large banana, cut into pieces, 1 cup of low fat milk, 1 cup of low-fat yogurt, 5 strawberries cut into halves, Ice to fill up blender. Put all ingredients into the blender; mix for approximately 30 seconds or until smooth. Serves 2.