

Healthy Snack Ideas



1. Yogurt and fruit such as a banana or berries.



2. Celery with peanut butter and raisins.



3. Sprinkle grated cheese over a corn tortilla and fold in half. Microwave for 20 seconds. Serve with salsa.



4. Toss dried fruit and nuts in oatmeal.



5. Top low-fat yogurt with granola and fresh berries.

6. Make snack kabobs. Put cubes of low-fat cheese and grapes on toothpicks or pretzel sticks.



7. Spread peanut butter on apple slices.



8. Fresh vegetables with low-fat ranch or hummus.



9. Toast an English muffin. Drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

10. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.

