

GOOD FOR YOU SNACKS/LIGHT MEALS – SUPER EASY TO MAKE

*****Remember to use high-quality ingredients as discussed in the food buying guide**

Bugs on a Log – Cut celery sticks into 4 to 6 inch lengths and fill with almond butter and top with dried cranberries

Bell Pepper Nachos – Sprinkle shredded Monterey Jack cheese over slices of any color bell pepper and warm in toaster oven until cheese melts

Nutty Trail Mix – Mix together a variety of nuts (almonds, cashews, walnuts) with pumpkin seeds, sunflower seeds, dried coconut and a small amount of dried fruit

Cheese Tomato Salad – Cut up raw cheese into bite size pieces. Cut grape tomatoes in half. Put the two in a bowl and drizzle with olive oil and season with pepper and basil.

Yogurt Parfait - 1 c. plain yogurt with ¼ c. berries plus 1 oz. sunflower seeds and 1 oz. crushed nuts and a sprinkle of cinnamon and coconut and a drizzle of honey

Almond Butter Pudding - 1 tbsp. almond butter, 1 tsp. honey, 1 c. plain yogurt, cinnamon to taste – Put all ingredients in a bowl and stir together

Veggies and Onion Dip - 1 c. plain yogurt, 1 tsp. garlic salt, 1 tsp. onion powder, 1 tbsp. fresh chives – Combine all and dip raw veggies pieces/sticks/slices

Pumpkin Cream – Combine 1 c. plain yogurt with 4 tbsp. canned pumpkin plus a liberal sprinkle of pumpkin pie spice

Anti-Aging Treat – Dip baby carrots into 2 tbsp. almond butter

Peaches & Cream – Toss chunks of a fresh chopped peach into one cup of cottage cheese with a sprinkle of cinnamon

Protein Power – Slices of deli turkey rolled up with cheese slices wrapped around spinach leaves

Egg Salad – Two hard boiled eggs chopped and mashed with ¼ c. cottage cheese, ¼ c. plain yogurt, 1 tbsp. mustard, plus salt & pepper