

HEALTHY SNACKS



TRAIL MIX

- 1/2 cup seedless raisins
- 1/2 cup dried apples, coarsely chopped
- 1/4 cup sunflower seeds
- 1/2 cup mini pretzels
- 1/2 cup Wheat Chex cereal
- 1/2 cup Corn Chex cereal

1. Mix all ingredients

Yield: 5 servings, 1/2 cup each

Nutritional Information

Calories.....170
Sat. fat (grams)..... 0 g
Total fat..... 4 g

YOGURT PARFAIT

- 1 1/2 cups low fat vanilla yogurt
- 1 cups low fat granola
- 1 ripe banana, sliced
- 1 cups strawberries, sliced

1. Alternate layers of yogurt, banana and strawberry slices, and granola beginning with yogurt and ending with granola.
2. Cover and refrigerate to chill thoroughly.

Yield: 4 servings, 3/4 cup each

Nutritional Information

Calories.....229
Sat. fat (grams)..... 1 g
Total fat..... 3 g

FUN FRUIT KEBABS

- 1 apples
- 1 bananas
- 1/2 cups red seedless grapes
- 1/2 cups green seedless grapes
- 1/2 cup pineapple chunks in 100% natural juice
- 1 cups nonfat vanilla yogurt
- 1/4 cup dried coconut, shredded

Yield: 4 servings

Nutritional Information

Calories..... 170
Sat. fat (grams)..... 1.5 g
Total fat..... 2 g

1. Prepare fruit by washing. Cut apples into small squares and cut bananas into chunks.
2. Slide pieces of fruit onto wooden skewers.
3. Roll skewers in yogurt and then coconut.
4. Chill until ready to serve.

FRUIT SMOOTHIE

- 2 1/2 cups lowfat vanilla yogurt
- 1 fresh bananas, peeled
- 1 cup fresh strawberries, sliced
- 1 cup apple juice, unsweetened

1. Place ingredients in blender and puree until smooth.

Yield: 4 servings, about 1 cup each

Nutrition Information

Calories.....209
Sat. fat (grams)..... 1 g
Total fat..... 2 g