

## Snack Time

*Snack time provides the perfect opportunity to include more fruits and vegetables or other nutrient dense foods in your diet – try to include a food high in protein, fiber and a healthy fat. Keep track of what you or your family eats for a few days and compare that with the recommendations – see [mychoosmyplate.gov](http://mychoosmyplate.gov) to see what your daily recommendations are – and use snacks to fill in the gaps. Chips, cookies, candy and cake are among the most frequently chosen snack foods – but because they lack those filling nutrients that leave your feeling full and satisfied, we find ourselves looking for more to eat all too quickly! By having some healthy snacks on hand or ideas of what would be good choices – will make snack time much more beneficial to your health!*

Healthy Apple Sandwiches

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## Apple Sandwiches

### Ingredients

1 Apple  
Peanut Butter or your favorite Nut Butter  
Chopped Nuts (Almonds or Walnuts)  
Shredded Coconut  
Mini Chocolate Chips  
Granola  
Raisins or Craisins

### Instructions

1. Slice apple into thin rings and remove the core.
2. Spread thin layer of peanut butter over one side of ring. Top with your choice of toppings – above list is just an idea – add what you think sounds tasty.

## Simple Snack Mix

### Ingredients

1 c. Whole-Grain Cereal  
¼ c. Dried Fruit of Your Choice  
¼ c. Nuts (walnut pieces, slivered almonds, pistachios)  
¼ c. Small Whole-Grain Snack Crackers or Pretzels  
¼ c. Favorite Small Candies (M&M's or Chocolate Chips)

### Instructions

1. Place all ingredients in a large zip-close baggie or storage container.
2. Shake it up.

**Yield:** 4 – ½ cup servings

## No Bake Peanuttty Oat Bars

### Ingredients

- 2 cups Rolled Oats, dry
- 1/2 teaspoon Cinnamon
- 1/8 teaspoon Salt
- 1/2 cup Whey Protein Powder, optional
- 1/2 cup Peanut Butter or Your Favorite Nut Butter
- 1/3 cup Honey
- 1/4 cup Mini Chocolate Chips or Dried Fruit

### Instructions

1. Line a 5 x 7-inch or 8-inch square baking dish with wax or parchment paper.
2. In a medium bowl mix together oats, cinnamon and salt.
3. In a medium bowl mix protein powder, peanut butter and agave nectar; stir until smooth.
4. Mix the oats with peanut butter mixture until well blended.
5. Pat mixture evenly into lined baking pan. Sprinkle chocolate chips on top and pat down evenly. Refrigerate for at least one hour.
6. Cut into 5 sections then in half for 10 bars. If desired, wrap each bar in plastic wrap. Keep refrigerated until ready to eat or carry on the go.

**Yield:** 10 – 1/10<sup>th</sup> pan cut up

## No Bake Blueberry Almond Balls

### Ingredients

- 2/3 cup Almonds, finely chopped
- 1/3 cup Dried Blueberries (or Raisins/Craisin)
- 1 ¼ cup Old-Fashions Oats
- ½ cup Nut Butter (Almond or Peanut Butter)
- ¼ cup Honey
- ¼ tsp Salt, optional but recommended

### Instructions

1. In a large bowl, stir together all of the ingredients until completely combined.
2. Use a small ice cream scoop or spoon to make a tablespoon size ball out of the mixture. Place on a rimmed baking sheet or small baking pan. **Tip:** keep your hands damp with water so the mixture doesn't stick to your fingers and it's easy to roll into balls.
3. Place balls in the refrigerator to set for about 1 hour. Store in the refrigerator in an airtight container for up to 1 week.

**Yield:** 21 balls

*Recipe Variations:* If you don't have dried blueberries, try using raisins and adding some cinnamon to the mix – making a Cinnamon Raisin version. Chocolate Peanut Butter version: substitute dark chocolate chunks/chips for blueberries, peanuts for almonds and use peanut butter as nut butter.

## Mini Pizza – Sweet or Not

### Ingredients

- 1 English muffin
- 2 Tbsp. Tomato Sauce
- Diced Peppers, Onion, or other Favorite Pizza Topping
- 2 Tbsp. shredded Mozzarella Cheese

### Instructions

1. Preheat oven to 350 F.
2. Spread tomato sauce on English muffin.
3. Add toppings.
4. Bake until cheese is melted.

**Yield:** 1 Muffin per Person

**Recipe Variation:** *Sweet Pizza* – toast English muffin, spread a bit of your favorite nut butter and top with favorite cut up fruits, nuts or small chocolates. For the kiddos – have fun with this and have them make animal faces with the toppings!

## Fruits and Vegetables for Snack

*Getting kids to eat fruits and vegetables can be difficult. Make snack time fun. For example, provide a variety of cut-up fruits and vegetables and let your kids create their own kabobs. For adults having those fruits and vegetables washed and cut up – ready to eat makes us much for likely to grab those for a snack – just do the prep work! **TIP:** Keep baggies of cut-up fruits and veggies in the fridge for a healthy grab-and-go snack.*

### Vegetable Dip

#### Ingredients

- 1 c. Cottage Cheese
- 1 c. Low-fat Plain Yogurt or Greek Yogurt
- 1-ounce package Ranch-Style Dressing Mix

#### Instructions

1. Put ingredients in a blender.
2. Blend on medium speed for about 30 seconds or until mixture is smooth.
3. Serve with assorted vegetables.

**Yield:** 8 – ¼ cup servings

### Fruit Dip

#### Ingredients

- 2 c. low-fat Sour Cream or Low Fat Plain Greek Yogurt
- 1-ounce package Sugar-Free Instant Vanilla Pudding Mix
- ¼ c. Fat-Free Milk
- 4 tsp. Lemon Juice

#### Instructions

1. Whisk together all ingredients until well-blended.
2. Serve with cut up assorted fruit.

**Yield:** 8 – ¼ cup servings

## Frozen Blueberry Yogurt Bites

### Ingredients

- 1 pint containers or Blueberries (about 125 blueberries)
- 1 cup Vanilla, nonfat Greek Yogurt
- 1 Tbsp Sugar, optional

### Instructions

1. Line baking sheet with parchment paper and set aside.
2. In a medium mixing bowl, stir together the yogurt and sugar.
3. Working in 2 batches, gently fold in the blueberries to coat in the yogurt. Scoop them up with a fork and tap the excess yogurt off.
4. Place the blueberries on the baking sheet, being careful not to have them touch. Can also leave blueberries in a small cluster of 5 or so and eat some together.
5. Freeze the baking sheet until the blueberries are completely frozen, about 1 hour.
6. Store leftovers in an airtight container in the freezer.

**Yield:** about 10 serving – 12-13 blueberries per serving.

## Favorite Pumpkin Bread

### Ingredients

- 3½ c. Flour
- 2 tsp. Baking Soda
- 1½ tsp. Salt
- 2 tsp. ground Cinnamon
- 1 tsp. ground Nutmeg
- 2 c. Brown Sugar
- 1 c. Canola Oil
- 4 Eggs
- 2 c. canned Pumpkin (not Pumpkin Pie filling)

### Instructions

1. Preheat oven to 325 degrees. Spray two loaf pans (9- by 5-inch) with canola baking spray.
2. In a large mixing bowl, combine all ingredients until just blended.
3. Pour batter into pans and bake for about one hour and 15 minutes. Cool on wire racks.

**Yield:** 24 pieces – each loaf having 12

Recipe Suggestion: If you don't want 2 loaves just cut the recipe in half or wrap one up and stick in the freezer for later.



## Healthy Rhubarb Banana Bread

### Ingredients

- 1½ cups Whole Wheat Flour (may use All Purpose Flour)
- 1 teaspoon Baking Powder
- ½ teaspoon Baking Soda
- ½ teaspoon Salt
- 1 teaspoon Cinnamon
- ¼ teaspoon all spice
- 2 large Eggs
- 1 teaspoon Vanilla extract
- 3 large Bananas, mashed (about 1 ½ cups)
- ⅓ cup Honey or Maple Syrup
- 1 cup finely chopped Rhubarb (about 1 large stalk)

### Instructions

1. Preheat oven to 350°F. and prepare an 8x4" loaf pan with cooking spray or parchment paper.
2. Whisk flour, baking powder, baking soda, salt, cinnamon, and all spice, in a medium bowl and set aside.
3. Use a stand or hand-held mixer to beat eggs on medium speed for about 30 seconds. Mix in vanilla, banana and honey until combined.
4. Slowly add in the flour mixture and stir on low speed until just combined. Gently fold in rhubarb. Pour batter into prepared loaf pan. Bake for 50-55 minutes, or until loaf is golden and a toothpick comes out clean.
5. Cool bread in pan for 10 minutes. Loosen sides with a knife and remove from pan. Enjoy!

**Yield:** 12 slices

## Basic Healthy Snack Ideas

- Hard-Boiled Eggs
- Low Fat Yogurt with Berries (Bonus points for Greek Yogurt)
- Handful of Almonds
- Veggies with 2 Tbsp Hummus
- Avocado
- Sliced Apples with 2 Tbsp Peanut Butter
- Deli Meat and Cheese
- Roasted Chickpeas
- Turkey Roll-up – turkey rolled up with veggies of choice and a bit of low-fat cheese – could do cream cheese spread
- Cottage Cheese
- Cheese with Whole Grain Crackers
- Tuna/Chicken or Egg Salad Sandwich
- Popcorn – air popped – try no-salt seasoning to add flavor
- No-Bake Energy Bites – **see Blueberry Almond Ball recipe above**
- Trail Mix – combination of whole grain cereal, dried fruit, unsalted nuts and candy-coated chocolates
- Homemade Protein Bars/Granola Bars – **see No Bake Peanuty Oat Bars recipe above**
- 2 Tbsp Peanut Butter and Celery Sticks
- Egg Muffins

# 100-Calorie Snack Options

Eating too many calories is easy to do if you don't know what the portion is supposed to look like. These snacks each contain about 100 calories:

- Half an apple with 2 teaspoons of peanut butter or sunflower seed butter
- 10 almonds or cashews
- Half an English muffin with 1 teaspoon of peanut butter or sunflower seed butter
- Thirteen plain animal crackers
- Half cup of toasted oat cereal with a half cup of skim milk
- One cup of raw carrots with 3 tablespoons of nonfat dressing
- 10 grapes with 2 tablespoons of fruit dip

## Snack Ideas by the Food Group

Grains	Vegetable	Fruit	Dairy	Protein
Cereal	Fresh Veggies w/ Low-fat Dip	Fresh Fruit – Apple Slices w/ Peanut Butter	Yogurt	Hard Cooked Egg
Whole Wheat Crackers with Cheese	Celery w/ Nut Butter	Dried Fruit	String Cheese	Peanut Butter or Other Nut Butter (cracker or with fruit)
Trail Mix (cereal, nuts & dried fruit)	Baby Carrots	100% Fruit Juice	Low-Fat Milk	Cottage Cheese w/ Fruit
Graham Crackers	100% Vegetable Juice	Applesauce		Deli Meat and Cheese
	Sugar Snap Peas	Canned Fruit in Juice		Mix Nuts

## Beverages

Liquid calories can add up quickly. One can of soda pop has up to 170 calories and no nutrients. Replace soda pop with healthier options, such as water, low-fat/fat-free milk or 100 percent juice. Don't overdo juice, though. Stay with 4 ounces as a serving size. In one cup of 100% Apple Juice there are 26 grams of sugar which equals 6 ½ tsp of sugar. Water doesn't have enough flavor – try one of these fun infused water recipes to add some great natural flavor to your water!

### 8 Infused Water Recipes

Ingredients:

#### For All Options:

**5 cups water**

**1 cup ice cubes optional**

#### Strawberry, Basil and Lemon:

1/2 cup Strawberries stemmed and sliced, fresh or frozen

5 large Basil leaves; torn

1 Lemon, thinly sliced

#### Lime, Cucumber, and Mint:

1 thinly sliced Lime

1 Cucumber, peeled and thinly sliced

10 fresh Mint Leaves; torn

#### Blackberries, Orange, and Ginger:

1/2-pint Blackberries

1 Orange, thinly sliced

1 (2-inch) piece Ginger peeled and thinly sliced

#### Blueberry, Lemon, and Rosemary:

1/2-pint Blueberries

1 Lemon thinly sliced

4 sprigs fresh Rosemary

#### Pineapple, Coconut, and Lime:

1 cup Pineapple chunks, fresh or frozen

1 cup Coconut Chunks, fresh or frozen

1 Lime, thinly sliced

**Watermelon, Kiwi, and Lime:**

- 1 cup Watermelon cubes
- 1 Kiwi, diced or cut into circles
- 1 Lime, sliced into circles

**Grapefruit, Pomegranate, and Mint:**

- 1 Grapefruit, thinly sliced
- 1/2 cup Pomegranate Seeds
- 10 Mint Leaves, torn

**Lemon, Raspberry, and Ginger:**

- 1 Lemon, thinly sliced
- 1/2-pint Raspberries
- 1 (2-inch) piece Ginger, peeled and thinly sliced