

HEALTHY SNACK IDEAS



INSTRUCTIONS:

Try out these healthy and fun snack recipes.

ZIPPY PIZZA

INGREDIENTS:

Whole wheat pita bread
Hummus spread
Carrots, sliced
Radishes, sliced
Cucumbers, sliced
Tomatoes, diced
Black pepper

Spread hummus on pita and decorate with a variety of veggies and enjoy.

SWEET AND COOL PIZZA

INGREDIENTS:

Whole wheat pita bread
Low-fat cream cheese spread
Strawberries, sliced
Berries or peaches, frozen
Bananas, sliced
Kiwi, sliced
Green apple, sliced

Spread cream cheese and top off with a variety of fruit. Try fruit-flavored cream cheese.

SNAPPY DIP AND CHIPS

INGREDIENTS:

Salsa, chunky style
Black beans, can, rinsed
Avocado
Baked pita or tortilla chips

Combine salsa, beans and avocado and enjoy with a chip. Other ingredients to add to the dip: corn, mango or kidney beans.