



Healthy Snacks

Our competition team's compilation of their favorite healthy snacks.

Fruit Snacks

- **Berry Parfait** - Layer fresh raspberries, fresh blueberries and fresh cut strawberries and low fat vanilla yogurt in a tall clear glass. Top with granola.
- **Honey Applesauce Swirl** - Stir 2 tsp of honey in a single serving of unsweetened applesauce snack pack
- **Fruit Kabobs** - Cut up fruit on a stick (strawberries, oranges, mangos and bananas)
- Strawberries and reduced fat cream cheese sandwich
- Granny Smith apples dipped in peanut butter

Veggie Snacks

- **Three Gymnasts in a Canoe** - Cut celery into 4 inch pieces, put low sodium peanut butter on top, place raisins on the peanut butter
- **Veggie Bowls** - 1 pepper (green, red or yellow), 1 celery, 1 carrot and salad dressing. Cut half of pepper to be you bowl and cut veggies into small pieces and put them into the pepper bowl. 3g of protein and 22g of carbohydrate.
- **Pumpnickel Cucumber Snack** - Small cocktail pumpnickel bread, plain low fat yogurt, cucumber slices, Mrs. Dash garlic herb seasoning (spread yogurt on a piece of pumpnickel bread, put a cucumber on top and top with seasoning)
- **Veggie Wrap** - cucumber, tomatoes, cream cheese in a flour tortilla
- Roasted Veggies - 4g of protein and 17g of carbohydrate
- Sprinkled sea salt over cucumbers
- Broccoli and cheese (melted)
- Oven-baked carrot fries



Dip it in Peanut Butter

- Celery
- Apples
- Pretzels



Dip it in fat free Ranch Dressing or Hummus

- Celery
- Carrots
- Cucumbers
- Joseph's Flax oat bran and whole-wheat pita (6 grams of fiber!)

Crunchy Snacks

- **The Tumble Cracker**- Includes a whole grain cracker, cream cheese, organic strawberry jam or pomegranate jam
- Cheerios and raisins
- Half Naked Popcorn (hint of olive oil added)
- Animal crackers (original-not frosted)
- Yogurt covered pretzels
- Whole wheat pita chips and Tabouli

Dairy Snacks

- **Fruit and Yogurt Medley** - blueberries, strawberries (sliced), blackberries, raspberries, banana (sliced), pineapple tidbits, mandarin oranges (sliced), grapes, no fat vanilla yogurt, granola (optional topping) & mix it all together
- **Cottage Cheese Mix** - low fat cottage cheese, fruit, grape-nuts or other whole grain cereal (Mix cottage cheese and fruit, top with grape-nuts)
- **Cheese in a Blanket** - organic mozzarella stick & 100% wheat lavish- Put a mozzarella stick in 100% wheat lavish and roll the mozzarella stick in the lavish
- Cheese sticks
- Vanilla light or fat free yogurt, bit of granola, fruit and nuts
- Yogurt and apples
- Cheese and whole grain crackers
- Low fat vanilla yogurt and Naked Bear banana nut granola

Drinks

- **Fruit and Vegetable Drink** - In a blender, mix apples, oranges, strawberries, carrots, cucumbers and ice
- **Fruit Smoothie** - milk, Greek yogurt, frozen strawberries, frozen blueberries, cantaloupe, frozen grapes, banana, pineapple- place in a blender and mix on high speed
- **Amy's Healthy Fruity** - 1 cup of strawberries, 1/3 cup of frozen blueberries, 2 bananas cut into chunks, ½ cup of orange juice, 1 ½ cups plain yogurt, 1 tablespoon of soy milk powder

- **Banana Split Smoothie** - 1 cup nonfat milk, 1 ½ cup frozen banana slices, ½ cup pineapple chunks, 5 frozen strawberries, 1 ½ to 2 tbsp sweetened cocoa powder
- **Peanut Butter Banana** - 1 cup milk, ¼ cup peanut butter, 1 to 1 ½ cups frozen banana slices

Homemade Trail Mix

- **Spectrum Gym Mix** - Mix almonds, dry-roasted peanuts (unsalted), dried cranberries, dark chocolate chips, Kix cereal
- Raisins, cranberries, other dried fruit and unsalted nuts (peanuts, cashews, almonds) and dark chocolate M&M's
- 1 cup (6 ounce) of dried fruit (prunes, apricot, pears and apples), ½ cup of raisins and/or dried cranberries, 1 ½ cup of sunflower seeds, 1 cup unsalted dry-roasted peanuts (or honey-roasted peanuts, chopped walnuts or unsalted almonds)
- Special K granola mixed with Craisons®

What's For Lunch?

- **Turkey Rollups** - 4 slices of deli turkey breast, 8 teaspoons honey mustard or mango chutney, 8 sesame breadsticks. Spread each slice of turkey with 2 tsp of mustard, wrap each prepared turkey slice around 2 breadsticks
- **Bagel Surprise** - Plain Weight Watchers bagel or unsalted plain rice cakes, light cream cheese or almond butter, optional topped with fruit (strawberries or blueberries)
- **Coconut Banana Boat Sandwich** - Peel and slice one banana lengthwise. Then cut the banana in half again. Spread banana halves with all natural chunky peanut butter. Sprinkle each half with shredded coconut. And then put each half together and you have a Coconut Banana Boat sandwich.
- **Veggie Pin Wheels** - First slice pita pocket like a pizza into 8 triangles. Next spread pita triangles with any kind of hummus you like. Then place sliced cucumbers on top of the pita triangles. Place two or three shredded carrots on the top, if you like.
- **Pineapple Tuna Melt** - 1 can of tuna, 1 tablespoon mayonnaise, ¼ teaspoon salt, 1/8 teaspoon lemon-pepper seasoning, 2 English muffins or whole wheat bagel, 1 can (8 ounce) of sliced pineapple and sliced American cheese
- **Lettuce Wraps** - Romaine lettuce leaves and turkey rolled together
- **Peanut Butter Banana Spread** - Peanut butter (smooth or crunchy), banana, honey, wheat toast. Mix peanut butter, mashed banana and honey together and spread on whole wheat toast.
- Turkey, cheese and tomato sandwich with wheat bread
- Fresh tomato with mozzarella cheese and whole wheat bread
- Hummus, Carrots and Greens Wrap
- Veggie wrap (cucumber, tomatoes, cream cheese, flour tortilla)
- Banana and peanut butter sandwich
- Bagel with peanut butter and fruit

- Tuna on whole wheat bread
- Pasta with cucumber and cheese
- Zucchini Bread - Slice thinly, toast and spread with light cream cheese

Homemade Granola Bars

3 cups quick-cooking oats, 1 (14 ounce) can sweetened condensed milk, 2 tablespoons butter (melted), 1 cup flaked coconut, 1 cup sliced almonds, 1 cup mini semisweet chocolate chips, 1 half cup raisins

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
2. In a large bowl, mix together the oats, sweetened condensed milk, butter, coconut, almonds, chocolate chips and raisins with your hands until well blended. Press flat into the prepared pan.
3. Bake for 20 to 25 minutes in the preheated oven, depending on how crunchy you want them. Lightly browned just around the edges will give you moist, chewy bars. Let cool for 5 minutes, cut into squares then let cool completely before serving.

Frozen Treats

- Frozen Yogurt Pops (healthy yogurt) 5g of protein and 21g of carbohydrate
- Banana popsicles with peanut butter and nuts
- Frozen natural fruit bars
- Frozen grapes

Fruit Dip

Combine peanut butter, cool whip, yogurt and cinnamon and chill. Dip fruit and enjoy.

Homemade Guacamole

1. Scoop and chop two avocados.
2. Add one small chopped tomato.
3. Add ¼ cup of chopped onion.
4. Add one chopped clove of garlic.
5. Add a pint of cilantro and squeeze fresh lime juice
6. Add salt and pepper and a dash of Tabasco salt.

Use Stacy's Simply Naked chips, instead of tortilla chips.

Wholesome Sunflower Treat

1 rice cake, Peanut butter, ½ tsp sunflower, 6 baby carrots cut lengthwise, 1 celery stalk, 1 orange slice, halved
 Directions: spread the peanut butter on the rice cake, sprinkle the sunflower seeds on top of the peanut butter, the celery stalk is a stem the orange slice halves are leaves, the carrot sticks are petals, arrange them upon the stem so it looks like a flower.

(makes one treat)