

# Healthy Snacking Challenge

Congratulations on challenging yourself to this two-week healthy snacking commitment!

Stuck for some ideas on delicious & healthy options to snack on throughout the day?

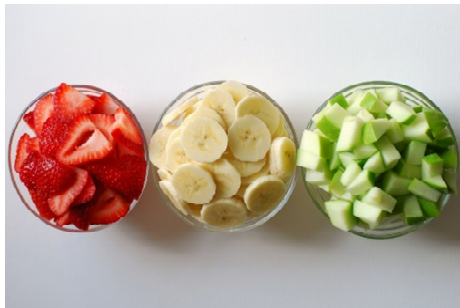
We have some great ideas to help get you started:

## *Salmon-Walnut Spread on Whole-Grain Crackers*

Salmon is a fantastic source of lean protein and contains omega-3s [DHA & EPA], which help with brain function!

Mix up a can of salmon (drained) with 3-4 tablespoons of light cream cheese, a dash of lemon juice and some walnut pieces and combine well.

Spread 1-2 tablespoons of the mixture onto rice or whole-grain crackers or pita chips for a delicious and healthy snack that will help curb your hunger until dinnertime! Great potluck idea too!



## *Tropical Fruit Parfait*

In a small glass (or jar with a lid for travel purposes), layer ½ cup of fruit cut into ½ inch cubes (think kiwis, mangos and pineapple) with ¼ cup plain non-fat greek yogurt. Top with 1 tbsp toasted, sliced almonds.

Makes 1 serving for about 100 calories.

What a delicious mid-morning snack!

Sources: [www.wholeliving.com](http://www.wholeliving.com)

## *Dry-Roasted Edamame with Cranberries*

Hmmm....beans and fruit? Don't knock it until you've tried it! Edamame are soybeans and a great source of protein. You can find shelled edamame in the freezer section of most grocery stores. Make a batch on Sunday and have enough for four snacks throughout the week!

### Ingredients:

1 cup frozen, shelled edamame, thawed  
1 tsp extra-virgin olive oil  
Coarse salt [optional]  
¼ cup dried cranberries

### Directions:

Heat oven to 425°F. Arrange edamame on a baking sheet and drizzle with oil. Season with salt [optional]. Roast, stirring occasionally, until crisp and golden, 20-22 minutes. Let cool then toss with cranberries. Store in airtight contained for up to 5 days.

