

# Healthy Snacking Campaign

Tired of cut up veggies with dip, cheese & crackers, fruit & yogurt?

We bet your tastebuds will stand up and cheer for these quick & healthy snacking options!

## *Spiced Nuts & Seeds*

Nuts & seeds are an ideal healthy snack because they are unprocessed and full of heart-healthy fats and fiber. Watch portion sizes though because they are high in calories!

### Ingredients:

3 cups whole nuts (almonds & walnuts are your best options)  
¼ cup each flaxseeds, quinoa & sunflower seeds  
2 egg whites  
2 tbsp. honey  
1 ½ tsp. coarse salt  
¼ tsp each cayenne, cumin and cinnamon

### Directions:

1. Mix nuts with seeds in a bowl.
2. In a separate bowl, whisk the remaining ingredients together.
3. Toss the liquid mixture with the nut & seed mixture.
4. Spread in a single layer on a baking sheet; bake at 325°F until dry, stirring occasionally, about 30 minutes. Scrape from pan while cooling to avoid sticking.

Divide into 16 equal portions and store in an airtight container. Each serving is about 178 calories each.



## *Salsa Guac & Pita Chips*

While this recipe calls for prepared guacamole, you could easily make your own guacamole at home or simply add ½ an avocado to your salsa if you are in a time crunch. Avocado is full of heart-healthy monounsaturated fats!

### Ingredients:

1 tablespoon fresh salsa  
1 ½ tablespoons prepared guacamole  
10 whole-grain pita chips

### Directions:

1. Stir salsa into guacamole. Enjoy with pita chips!

Serves 1 for about 136 calories.



## *Cherry Tomatoes with Goat Cheese*

Dividing evenly, top 5 halved large cherry tomatoes with 2 tablespoons of fresh goat cheese.

Sprinkle with 2 tablespoons of chopped herbs. Chives, basil or parsley all work great!

Makes 1 serving for around 98 calories!

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