

NUTRITION TIPS & TRICKS

HEALTHY SNACKING

Tired of snacking on cut-up veggies with dip, cheese and crackers, fruit, and yogurt? We bet your tastebuds will stand up and cheer for these quick and healthy snacking options!



Spiced Nuts & Seeds

An ideal snack, nuts and seeds are full of heart-healthy fats and fiber. Watch portion size because they are also high in calories!

Ingredients

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

Directions

1. Mix nuts and seeds in a bowl.
2. In a separate bowl, whisk the remaining ingredients together.
3. Toss the nuts and seeds with the liquid mixture.
4. Spread in a layer on a baking sheet. Bake at 325F until dry, stirring occasionally (30 mins).
5. Scrape from the pan while cooling to avoid sticking.
6. Divide into 16 portions and store in an airtight container.

Each serving has 178 calories



Salsa Guac & Pita Chips

Avocado is full of heart-healthy monounsaturated fats. Check out the time-saving tips at the bottom of the recipe.

Ingredients

1 tbsp fresh salsa
1½ tbsp guacamole
10 whole-grain pita chips

Directions

1. In a bowl, add salsa and guacamole and stir to combine.
2. Enjoy with pita chips!

Tips:

- Homemade guacamole is ideal, but you can use prepared.
- In a time crunch? Replace the guacamole with ½ an avocado to the salsa and mix.

Makes 1 serving with 136 calories.



Tomatoes & Goat Cheese

Tomatoes are a great source of vitamins C and K, potassium, and folate. They are the major dietary source of the antioxidant, lycopene.

Ingredients

5 cherry tomatoes
2 tbsp fresh goat cheese
2 tbsp chopped herbs (chives, basil, or parsley work great)

Directions

1. Cut each tomato in half.
2. Divide goat cheese evenly and spread onto each tomato half.
3. Sprinkle with herbs.

Makes 1 serving with 98 calories.



Sources: cookinglight.com, wholeliving.com