



Quick, Easy and Healthy Snacks
Snacks are fine – as long as you snack smart.

Quick Snacks

- **Tortilla** with refried beans, low-fat cheese, lettuce and salsa
- **Pita sandwich** with tuna and lettuce
- **Mini pizza** made with tortilla or pita bread
- **Salsa** and low-fat, low-salt baked chips or whole wheat crackers
- **Fruit:** mango, papaya, cactus fruit, berries
- **Raw, cut-up vegetables:** cucumbers, carrots, jicama, squash
- **Guacamole** with pita bread or pretzels
- **String cheese**
- **Bagel and peanut butter**
- **Frozen yogurt**



Easy-to-Make Snacks

- **Licuaodos:** Pour low-fat or non-fat milk, fruit (strawberries, bananas and papaya), and ice in a blender. Blend!
- **Fruit juice pops:** Freeze 100% fruit juice in small paper cups or ice cube trays.
- **Crunchy banana:** Peel bananas. Roll them in peanut butter or yogurt, and crushed cereal. Freeze!
- **Peanut butter logs:** Fill celery with peanut butter and raisins.
- **Cinnamon toast:** Toast whole wheat bread. Spread a little butter on top. Sprinkle with cinnamon and dried fruit.

Tortilla Triangles

- 1 whole wheat tortilla
- ¼ cup shredded cheese
- Salsa (optional)

1. Cut tortilla into 6 triangles.
2. Spread each triangle with salsa and sprinkle with cheese.
3. Starting with the large end roll up each triangle and secure with a toothpick.
4. Microwave for 30 seconds or until cheese is melted. **Cool before eating.**