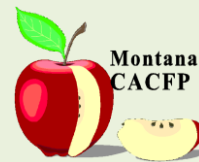


# More Snack Ideas



## Stackables

Whole wheat cracker / sliced baguette / mini bagel topped with:

- Peanut butter and banana slices
- Cream cheese and a sliced strawberries
- Sliced cheese and sliced cucumber
- Tuna salad, grated mozzarella cheese, and a pickle

## Homemade Granola topped with Yogurt

Optional: add fresh fruit

## Pizza Bread

Recipe: use prepared dough, and roll in ham and cheese (or spinach and feta, or prosciutto and provolone, or sundried tomatoes and basil, or any combination you feel like trying), then bake.

## Make your own Snack Mix

Here's a recipe to get you started:

- Oat cereal (Cherrios)
- Unsalted peanuts
- Dried cranberries
- Pretzel sticks

## Apple toast or Apple English muffins

Recipe:

1. Spread a thin layer of cream cheese on toast/English muffin
2. Lay thinly sliced apples on top of the cream cheese (*optional: try different fruit varieties such as peaches, pears, etc.*)
3. Top with brown sugar and cinnamon, or maple syrup

## Roll-Ups

Use flour tortillas of any variety and fill them with the following options:

- Ham, cheese, and lettuce
- Cottage cheese, black beans, and diced tomatoes
- Chicken Caesar salad
- Peanut butter and applesauce
- Cheese, diced red pepper, and spinach

## Baked Potato Melts

Half Baked Potato with melted cheddar cheese on top

Optional: build your own by adding salsa, sour cream, green onions, diced red peppers, diced tomatoes, etc.

## Build your own Pizza

Instead of pizza dough, you can use English muffins or pita pockets

Topping options:

- Tomato / pizza sauce
- All types of cheese
- Spinach
- Diced tomatoes
- Diced green/red/orange/yellow peppers
- Sliced olives
- Sliced deli ham
- Pineapple tidbits
- Diced chicken and barbeque sauce

## Yogurt and Fruit Smoothies

### Sandwiches of any variety and shape

Try making new sandwich varieties and consider the following bread options:

- All types of bread cut and prepared in many different ways (i.e. sandwich sticks, paninis, open-faced hot sandwich, sushi bread rolls)
- Wraps, roll-ups, or pinwheels
- Rolls or buns
- English muffins

## Homemade granola bars

### Dippers

Warm whole wheat pita bread cut in triangles, tortilla chips, crackers, or raw vegetables

- Dip options:
  - Guacamole
  - Black bean dip
  - Mango and bean salsa
  - Yogurt lemon dill dip
  - Cucumber yogurt dip
  - Hummus
  - Yogurt honey mustard dip
  - Roasted red pepper dip
  - Baba Ghanoush (eggplant dip)
  - Spinach dip
  - Egg dip
  - Spinach and Artichoke dip
  - Southwest bean dip
  - Pinto bean pate