

HEALTHY SNACK IDEAS

When kids get home, they usually head straight for the kitchen. If they tend to fill up on non-nutritious food and you'd like to change their menu, here are some treats that might tempt them.

- Crumble a few oatmeal-raisin cookies into a bowl. Top with several dollops of Dutch-apple yogurt; stir.
- Peel & slice a small cucumber. Arrange the slices on crispy rye crackers. Sprinkle with some Parmesan cheese or dried dill.
- Toast a piece of whole-wheat bread. Top with a slice of ham & spread with orange marmalade. Heat in the toaster oven just long enough to warm the marmalade.
- Mash half an avocado with $\frac{1}{2}$ cup plain yogurt & eat as a dip with raw carrot sticks, green pepper strips & cherry tomatoes.
- Peel a small zucchini. Cut into thin rounds and make little sandwiches with the zucchini slices and a filling of ricotta or cottage cheese.
- Split & toast a corn muffin. Spread each half with nonfat cream cheese. Press banana slices into the cheese & sprinkle with granola.
- Slice a bagel in half. Spread both halves with apple butter & sprinkle chopped walnuts on top.
- Cut a ripe pear in half; scoop out the core (or use 2 canned pear halves). Put in a bowl & top each pear half with a big spoonful of strawberry yogurt.
- In a blender, combine 1 package frozen raspberries with 1-cup buttermilk. Blend until creamy.
- Split & toast a honey-raisin English muffin. Spread with blackberry jam. Sprinkle with coconut flakes (or toasted coconut flakes!)
- Cut up a small banana & put into a blender. Add $\frac{1}{2}$ cup cranberry-apple juice & 4 ice cubes. Whirl until frothy.
- Mix $\frac{1}{2}$ cup cottage cheese with 1 tablespoon strawberry preserves. Spread the mixture on graham crackers.
- Top 2 canned apricot halves with dollops of vanilla yogurt. Sprinkle with cinnamon and toasted slivered almonds.
- Mix a few spoonfuls of ricotta cheese with a dash of cayenne pepper & some dried minced onion. Use as a spread for crackers.
- Split & toast an English muffin. Spread both halves with peanut butter. Top one half with a pineapple ring. Press halves together.

- Open a small can of tuna fish. Drain off the oil & flake tuna into a bowl. Mix in yogurt to taste. Sprinkle in some dried minced onion & a dash of pepper. Put on crackers.
- Shred a carrot; slice up an apple. Combine in a bowl with some raisins, a squeeze of lemon juice, and a tablespoon of mayonnaise. Put on a lettuce leaf & eat with a glass of milk.
- Put some dried fruit into a bowl. Add plain or fruit-flavored yogurt & stir. Sprinkle with coconut.
- Open a can of peach halves. Fill each half with a spoonful of chunky peanut butter.
- Spread some salted crackers with nonfat cream cheese & top with a little strawberry jam. Milk goes well with this snack.
- Halve a ripe pear. Scoop out the core. Top each pear half with a small scoop of vanilla frozen yogurt. Swirl on some chocolate sauce.
- Mix $\frac{1}{2}$ cup plain yogurt with 2 teaspoons cocoa powder and 2 teaspoons sugar. Add a little more yogurt if the mixture seems too sweet. Eat as a dip with vanilla wafers.
- Slice up an apple. Spread each slice with apple butter. Sprinkle some chopped dry-roasted peanuts on top.