

SWEET-ZZA

Healthy Snacks

Ingredients

- 1/3 cup applesauce
- 2/3 cup low fat ricotta cheese
- 4 whole wheat English muffins, split in half
- 1/2 apple, thinly sliced
- 1/2 can pineapple chunks, drained and rinsed
- 1/2 cup berries, fresh or frozen
- 1 banana, sliced

Nutritional Info

- Fat: **5.1g**
- Carbohydrates: **57.3g**
- Calories: **301.9g**
- Protein: **11.3g**
- **Makes 4 servings**

It's just like an individual sweet little pizza. The fruit makes it easy to gain some vitamins, too.

1. Stir applesauce together with the ricotta cheese. Spread about two tablespoons on each muffin half.

2. Arrange your favorite fruit toppings on the muffin 'crust' in a single layer. (Feel free to substitute other fruit, such as pear, tangerine, peach, or plum slices.)

3. Place pizzas on a baking sheet and bake at 400° F for 10 minutes, or until the pizzas are heated through and the cheese is melted.

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SUMMER FROZEN FRUIT BARS

Healthy Snacks

Ingredients

- 2 cups cut-up summer fruit (strawberries, peaches, watermelon, etc.)
- 1 tablespoon sugar
- 1 teaspoon fresh lemon juice

Nutritional Info

- Fat: **0.3g**
- Carbohydrates: **8.7g**
- Calories: **35.6g**
- Protein: **0.5g**
- **Makes 4 Servings**

Make your own popcicles.

1. Place the fruit in a blender. Cover and blend until smooth.

2. Add 1-2 tablespoons water, if necessary. Add sugar and lemon juice. Cover and blend until well mixed.

3. Pour into 4 oz. ice-pop molds or paper cups. Insert sticks. Freeze until solid.



VERY BERRY SMOOTHIE

Healthy Snacks

Ingredients

- 2 cups orange juice
- 1 cup low fat vanilla yogurt
- 2 small ripe bananas
- 1 cup berries (fresh or frozen) -- strawberries, blackberries, and raspberries

Nutritional Info

- Fat: **1.7g**
- Carbohydrates: **31.3g**
- Calories: **151.2g**
- Protein: **5.0g**
- **Make 4 Servings**

This smoothie is loaded with antioxidants!

1. Place all ingredients in a blender.

2. Blend for about 10 seconds or until all ingredients are smooth.

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TORTILLA PINWHEELS

Healthy Snacks

Ingredients

- 4 whole wheat tortillas
- 1/4 cup fat free cream cheese
- 8-12 spinach leaves, washed and dried
- 1/2 cup grated carrots

Nutritional Info

- Fat: **3.2g**
- Carbohydrates: **26.6g**
- Calories: **144.4g**
- Protein: **5.3g**
- **Makes 4 Servings**

Great for a party. It's actually something low fat to munch on!

1. Let the cream cheese come to room temperature. Whip with a mixer, or by hand, to make it easier to spread.

2. Using a spatula or knife, spread about 1 tablespoon cream cheese on each tortilla, making sure to reach the edges.

3. Put several spinach leaves in the center of the tortilla and sprinkle with 2 tablespoons of carrots.

4. Roll tortilla tightly; secure with a toothpick.

5. Cut the tortilla into pinwheels by cutting it in half first, then making bite-sized slices along the tortilla until you reach the end. Lay each piece cut-side down on a serving plate.

