

Recipes of the Day - Healthy Snacking

Make sure you have quick healthy snack options on hand at home and at work to keep you from grabbing unhealthy quick-fixes. Choose snacks that have some protein and carbohydrate; these will give you longer lasting energy. Here are some balanced snack ideas that have approximately 150 to 200 calories each.

<p>Yogurt, Fruit and Nuts 1/2 cup 1% plain yogurt 1/3 cup naturally low fat granola or grain cereal 1/3 cup sliced fruit</p>	<p>Tomato Salad and Low-Fat Cheese 2 small tomatoes, diced 1/2 tsp virgin olive oil 1 tsp fresh basil leaves, chopped 3/4 oz. ricotta cheese Balsamic vinegar to taste Combine all ingredients and mix well.</p>
<p>Banana-Berry Power Smoothie: great pre and post workout! 1/4 cup orange juice 1/2 cup plain, low-fat yogurt (or soy yogurt) 1/2 small, peeled ripe banana 1/4 cup stemmed, sliced strawberries 1/2 tsp natural honey 1 1/2 tbsp vanilla soy protein powder Place all the ingredients in a blender. Blend on high speed until smooth.</p>	<p>Tuna Salad, Cracker and Cucumber Slices 1 oz. tuna in spring water, drained 2 black olives, sliced 1 tsp light natural dressing Mix above ingredients well. 2 whole multi-grain crackers 1/2 cup sliced cucumber Eat tuna salad with cracker and cucumber slices.</p>
<p>Berries, Low-Fat Cottage Cheese and Nuts 1/2 cup blueberries 1/2 cup 1% cottage cheese 2 tsp slivered almonds Combine all ingredients together and enjoy.</p>	<p>Mini-Pita Pizza 1/4 of 6-inch whole wheat pita pocket (open face) top with: 1 tablespoon tomato sauce 1/3 sliced red pepper or any veggie of choice 1/2 oz skinless chicken breast, cooked, sliced (or sub tofu) 3/4 oz. grated skim mozzarella cheese Heat until cheese is melted.</p>

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