

Spring into Clean Eating

How to prepare healthy snacks this spring season!

March 31, 2016



5 tips to become a Smart Snacker

1. Make them **nutrient dense**
 - Make the most out of your snacks by getting more nutrients than calories
2. **Prepare ahead** to save time
 - Slice up vegetables and fruit ahead of time, store in the refrigerator until ready to eat. Serve with dips like hummus or low fat dressings.
3. Be aware of **portion sizes**
 - Snacks should replace a meal. Use snack-size bags to control serving sizes.
4. When in doubt, **blend it up**
 - Frozen or over-ripened fruit are great in smoothies along with low fat yogurt or 100% fruit juice
5. Go for the **whole grains**
 - Choose whole-wheat crackers, breads, cereals to provide higher amounts of fiber and lower amounts of sugar.

Timing is Everything!

- Don't eat a snack too close to a meal
- Snack time and screen time shouldn't interfere
- Listen to your body!
 - Sometimes we turn to snacking when bored or stressed
 - Try to only eat a snack when you feel hungry



Fruit Kabobs

1. Select 3-6 types of your favorite fruit
2. Rinse fruits that do not need to be cut
3. Cut fruit in to cubes
4. Use plastic or wooden skewers and assemble as you prefer!



Yogurt Dipping Sauce

1. In a medium bowl stir together:
2 cups vanilla yogurt
¼ cup honey
½ teaspoon ground cinnamon.
2. Serve with at least 10 long fruit kabobs (recipe above)



Peanut Butter Apple Bites

To make 16-20 wedges

1. Slice 2 apples into wedges
2. Coat tops of apple wedges with 1 tsp. peanut butter
3. Sprinkle with granola and cinnamon
4. Drizzle with melted dark chocolate (optional)



Salty Sweet Trail Mix

To make 2 cups total (1/2 cup=1 serving)

1. 2 cups Animal Crackers
2. ¾ cup dried blueberries
3. ¾ cup pecans
4. 2 ½ cups popcorn

Combine all ingredients in large bowl. Portion out ½ cup servings in individual baggies

