

CATCH a new healthy snack every week this Summer!

Fruits and Vegetables are the best go-to snack because they give your body the nutrients you need to be strong and healthy!

1. Hearty Heart's Heroic

Banana Pops

Makes 6 Servings

Ingredients:

- 3 Bananas
- 6 Popsicle sticks
- 1/4 cup peanut butter, softened
- 1/4 cup chopped peanuts or granola

Preparation:

1. Peel the bananas. Cut in half, push a popsicle stick through the cut end of each half.
2. Spread peanut butter on bananas
3. Roll them in nuts, cereal, or seeds.
4. Wrap in waxed paper, freeze for 3 hours.



4. Mini Sandwiches

Makes 2 Servings

Ingredients:

- 2 slices ham or turkey
- 2 slices low-fat cheese
- 6 Ritz crackers

Preparation:

1. Cut ham and cheese to fit on crackers
2. Place ham and cheese on 3 crackers; Cover each with remaining 3 crackers.

7. Lunchmeat Wraps

Ingredients:

- 1 whole wheat tortilla
- 1 slice of lunchmeat
- 1 slice low-fat cheese
- sliced tomatoes
- lettuce
- 1 teaspoon of favorite dressing

Preparation:

1. Put lunchmeat, cheese, veggies on wrap, top with a dash of dressing. Wrap up and enjoy!

10. Pretzel Kebabs

Ingredients:

- Fruit such as: grapes, berries, melon, bananas, strawberries cut into bit size pieces
- Pretzel sticks, thin

Preparation:

1. Spear about 4-5 pieces of fruit onto each pretzel. Enjoy!



2. Homemade Fruit Roll-Up

Ingredients:

- 1/3 cup no-sugar added fruit preserves
- 1 teaspoon cornstarch

Preparation:

1. Mix fruit preserve and cornstarch, Spread into a 2 by 12 inch strip on lightly greased parchment paper.
2. Bake 45 minutes at 225 degrees.
3. Let cool, then trim the parchment and roll up.



5. Flash Fitness's Famous Fruit and Dip

Cut fresh fruit such as apples, pears, bananas, mangos, pineapple, and dip into non-fat or low-fat yogurt and enjoy! Not in for dipping? Mix the yogurt and fruit together in a bowl to enjoy a fruit salad!



8. Veggies and Dip

Ingredients:

- 1/2 cup Greek yogurt
- Ranch seasoning mix (dry)
- Cut fresh veggies such as celery, bell peppers, broccoli, cauliflower, snap peas, carrots, etc.

Preparation:

1. Mix together yogurt and seasoning mix
- Dip veggies in and enjoy!

You can also enjoy veggies by dipping them in hummus!



9. Dynamite Diet's Delicious Trail Mix

Makes 24 1/4 cup Servings

Ingredients:

- 1 cup sliced almonds
- 1 cup peanuts
- 1 cup raisins
- 1 cup M&Ms
- 1 cup GoLean Crunch Cereal or similar cereal
- 1 cup mixed dried fruits

Preparation:

- Mix everything together. Enjoy!



3. Yummy Yogurt Pops

Ingredients:

- 2 cups of non-fat yogurt, plain or flavored
- 1 cup mixed berries

Preparation:

1. mix yogurt and berries in a bowl.
2. Spoon mixture into popsicle molds or small paper cups. (If using paper cups, cover cup with aluminum foil and push a popsicle stick through) Freeze until solid, remove from molds and enjoy!



6. Sweet Potato Chips

Ingredients:

- 2 sweet potatoes, thinly sliced
- 2 teaspoons olive oil
- 1 teaspoon sugar
- 1/2 teaspoon cinnamon

Preparation:

1. Pre-heat oven to 400 degrees
2. Place sliced potatoes in bowl, mix in remaining ingredients
3. Spread slices on lightly greased backing pan, bake 25 minutes, turning once. Enjoy!