



Snack Alternatives

Sweet Alternatives

- Dessert flavored gum
- Piece of fresh fruit
- Frozen yogurt cups
- Frozen fruit (i.e. grapes)
- Fruit & yogurt popsicles
- Frozen graham crackers with cool whip for ice-cream sandwich
- Pan-fried sliced banana, topped with honey and cinnamon
- Blended frozen bananas
- Oatmeal topped with fruit, and brown sugar
- Hot cocoa with low-fat milk
- Light J-ello
- Air popped popcorn (kettle corn flavor)
- Rice cakes (i.e. caramel flavored)
- Flavored tea
- Square or two of dark chocolate
- Fruit smoothie with vanilla yogurt and fruit
- Low-fat sorbet
- Handful of trail mix
- Fruit cocktail cups
- Fiber One or Special K bars
- Pretzels and Nutella
- Toast with drizzled honey and cinnamon
- Low-fat vanilla wafers
- Grilled pineapple
- Fruit and cottage cheese
- Sweet yogurt dips and fruit
- Mashed sweet potato with dash of brown sugar and cinnamon
- Parfait (i.e. oatmeal, peach, yogurt)
- Baked Apples
- Angel food cake topped with reduced fat cool whip and sliced strawberries
- Low-fat pudding
- Toast with peanut butter with sprinkles of cinnamon and sugar
- Baked pears (see recipe)

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Baked Pear Recipe

- 2 large Bosc pears
- 2 teaspoons sugar
- 1/4 teaspoon cinnamon
- 1/4 cup dried cranberries
- 1/4 cup low-fat granola
- 1/4 cup apple juice
- 1/2 cup vanilla low-fat frozen yogurt



Preparation:

1. Peel pears; cut in half lengthwise. Remove core and seeds.
2. Place pear halves, with cut sides up, in a glass pie plate. Combine sugar and cinnamon; sprinkle evenly over pears.
3. Combine cranberries and granola; put into hollows of the pear halves. Pour the apple juice in and around pear halves. Cover dish loosely with wax paper.
4. Cook in microwave 6-8 minutes. Let stand for 5 min
5. Drizzle juices from pie plate over pears and serve with frozen yogurt.



Snack Alternatives

Savory & Salty Alternatives

- Pita and low-fat dips (salsa, hummus)
- Celery sticks and low-fat cream cheese
- Vegetable juice
- Smoked jerky
- Cucumber salad (red onions, dressing)
- Wasabi peas
- Small sweet potato
- Air popped popcorn
- Whole wheat pretzels
- Edamame
- Pop chips / baked chips
- Rice Cakes
- Tortilla chips and salsa
- Reduced fat Triscuits
- Roasted pumpkin seeds
- Hard boiled eggs with salt
- Pickles
- Beef or turkey jerky
- Mixed nuts (handful)
- Deli rollup (i.e. turkey, cheese, and pepper)
- KIND bar
- Trail Mix
- Chocolate milk with a dash of salt
- Grape tomatoes, dash of olive oil and salt
- Canned tuna and crackers
- Olives
- Low fat cheese stick
- Lentil salad
- Stuffed mushrooms
- Nut butter and whole wheat crackers
- Chickpea poppers (see recipe)
- Kale chips (see recipe)

Chickpea Poppers

- 1 (12 ounce) can chickpeas, drained
- 2 tablespoons olive oil
- Salt (optional)
- Garlic salt (optional)
- Cayenne pepper (optional)



Preparation:

1. Preheat oven to 450 degrees F
2. Toss chickpeas and olive oil in bowl
3. Spread on baking sheet 30 minutes or until brown and crispy. Then season to taste.

Kale Chips

- One bunch of kale, leaves torn into pieces
- 1 tablespoon olive oil
- 1/4 teaspoon salt



Preparation:

1. Preheat oven to 400 degrees F
2. Transfer dry kale leaves to bowl and mix ingredients
3. Spread on baking sheet and bake until slight browning of outer edges (approximately 10-12 minutes)