

Snacks and Desserts

Nut Butter on Apple and Banana Slices

- Mix nut butter with a bit of cinnamon, if desired.
- Dip fruit slices in!

Vegetables with Tangy Yogurt Dip

- Mix plain yogurt with chopped bell pepper and spinach, garlic powder, pepper, and cumin.
- Allow to sit in refrigerator for 1/2–1 hour so flavors blend. Dip fresh veggies in!

Vegetables with Hummus Dip

- Mix hummus with a bit of pesto or spices, if desired.
- Dip fresh veggies in!

Nut Butter and Banana Quesadilla with Yogurt and Honey

- Spread nut butter on tortilla.
- Top with banana slices, a drizzle of honey, and sprinkle of cinnamon.
- Microwave for 30 seconds. Dip in yogurt.

Sweet Rice “Pudding”

- Mix ½ cup already-cooked rice with 2 Tbsp. milk or milk alternative.
- Microwave until warm.
- Stir in dollop of yogurt and drizzle with honey and cinnamon.
- Add chopped nuts and/or raisins if desired.
- If you let this mixture sit overnight, it will develop more of a pudding consistency.

Quesadilla “Cookies”

- Spread ½ tortilla with small amount of honey and/or nut butter. This is your “dough.”
- Sprinkle with chocolate chips, M&M® candies, walnuts, raisins, fruit preserves, or another favorite filling. Fold into “sandwich.” Microwave until melted.
- Let cool and slice into bite-size pieces.
- For a variation, follow the above steps on a piece of bread, cut in half to make a sandwich. Once cool, slice into bite-size pieces.