

Easy and Smart Snack Recipes



Juice Pops

1. Partially fill a paper cup with applesauce, crushed pineapple or fruit juice
2. Put a wooden stick in the cup to serve as a handle
3. Freeze it



Icy Grapes

1. Freeze 1/2 cup of grapes
2. Drop them in your mouth and enjoy.



Banana Pops

1. Freeze half of a ripe banana on a stick
2. Dip in low-fat yogurt
3. Sprinkle with wheat germ or high-fiber cereal



Homemade Smoothies

1. Combine in a blender
1 cup of plain low-fat yogurt,
1 cup chopped fruit and
½ cup of fruit juice
2. Be creative to find your perfect blend