



# Snack Recipes

- Print onto 8.5" x 11" heavy-weight paper. We recommend card stock, but feel free to play around with different card stocks & paper types. Prints 2 cards per page.
- Cut in between the two recipes (see below), separating them.
- Trim along the cut lines (see below) using a guillotine, sharp scissors or scalpel.
- ENJOY!!!



## Banana Split



¼ cup (2 oz) fat free frozen yogurt  
½ large banana, split lengthwise  
1 Tbl sugar free preserves (warmed in the microwave)

- Place banana halves in an ice cream dish.
- Top with frozen yogurt.
- Drizzle preserves over banana and yogurt.
- ENJOY!

° To thin preserves for easier drizzling, add a little water.

snack

1 fruit & ½ dairy per serving

## Berry Parfait



3 oz vanilla fat free yogurt  
½ cup total raspberries, blackberries, strawberries,  
& blueberries  
1 Tbl sugar free preserves

- Chop the strawberries.
- Mix yogurt with the preserves.
- Layer the berries & the yogurt mixture in a glass or parfait dish.
- ENJOY!

snack

1 fruit & ½ dairy per serving

## Cinnamon Apple Melt



½ cup of unsweetened apple sauce  
1 slice of fat free cheddar cheese  
1/8 tsp. cinnamon\*

- Scoop apple sauce into small plate or bowl.
- Sprinkle with cinnamon and top with fat free cheese.
- Microwave for 45 - 50 seconds, or until cheese melts.

\* Current literature states that 1/8 tsp of cinnamon contributes to increasing the metabolism.

snack

1 fruit & ½ dairy per serving

## Luscious Berry Frozen Yogurt



3 oz vanilla fat free yogurt \*  
½ cup total raspberries, blackberries, strawberries,  
& blueberries  
Stevia (optional)

- Pour the yogurt into an ice cube tray and freeze.
- Remove the frozen berries and yogurt cubes from the freezer and put them into a blender.
- Blend until they are smooth (you may need to add a little bit of water).
- Now you have it to soft-serve consistency and it can be eaten this way.
- If you want it firmer, transfer to a freezer safe container and allow to firm up in the freezer for 2 to 3 hours.

\* **Hint:** You can use Fat-Free Greek yogurt for a more tart and denser snack.

∞ **Note:** This contains no preservatives, so it will freeze solid. Simply remove from freezer 10 minutes before serving to allow to soften slightly. It freezes and keeps beautifully!

Ω **Tip:** You may freeze an entire ice cube tray of yogurt and then portion them into small zip-top bags to be used as needed.

snack

1 fruit & ½ dairy per serving

# Peaches and Cottage Cheese



2 oz fat free cottage cheese  
1 small fresh peach

- Slice peach into small slices.
- Spoon cottage cheese into a bowl or plate.
- Add the sliced peach to the cottage cheese.
- ENJOY!

∞ Hint: To add extra sweetness or if your peach is too firm, you may try grilling it. Heat grill pan on Medium. Transfer the halved peach to the pan, cut-side down, and cook until grill marks appear, about 3 minutes. Turn and grill until the skin starts to shrivel and the peach softens, 4 minutes more. This can then be placed on a plate with the cottage cheese and topped with 1/8 tsp of cinnamon.

snack

1 fruit & 1 dairy per serving

# Plum, Raspberry & Tarragon Soup



1 cup raspberries  
4 medium plums  
4 sprigs tarragon (optional)  
1 cup water

- Fill a large bowl with ice and water; set aside.
- Bring a medium pot of water to a boil. Add plums; blanch until skin begins to peel, 2 to 3 minutes.
- Remove plums from water; place in ice bath until cool.

Remove plums from ice bath, reserving ice bath.

- Peel plums, remove pits, cut into chunks & place in a medium saucepan.
- Add the raspberries, tarragon & water to the saucepan; cover, and bring to a simmer over MED heat.
- Reduce heat to MED-LOW, & allow to simmer until plums are falling apart, 15 to 20 minutes.
- Remove from heat, transfer to a clean bowl, & place in the reserved ice bath, stirring occasionally, until cold.
- Remove tarragon sprigs from cold mixture.
- Transfer the mixture to a blender & purée.
- Divide the mixture into fourths, putting one in a bowl or glass. Refrigerate the remaining three.
- ENJOY!

snack

1 fruit per serving - Servings: 4

# Strawberry Shake



½ cup (4 oz) nonfat milk  
¾ cup frozen strawberries  
Stevia (if desired)

- Place all 3 ingredients in a blender.
- Blend until smooth or desired consistency.
- ENJOY!!!

snack

1 fruit & 1 dairy per serving

# Watermelon Pops



4 cups watermelon cubes, seeds removed\*\*  
Stevia (if desired)

4 paper cups (7 oz)  
4 popsicle sticks

- Purée watermelon in blender. Only add the sweetener if the watermelon is not very ripe/sweet.
- Divide purée between the 4 cups and insert the sticks.
- Freeze until firm.
- Tear off the paper cups when ready to serve.
- ENJOY!!!

\*\* You could also choose ONE of the following: 2 cups assorted berries (raspberries, blackberries, boysenberries, &/or blueberries), 3 cups strawberries, 1 cup (6" diameter) cantaloupe or ½ cup (7" diameter) honeydew melon.

∞ Tip: You could double or triple this recipe and keep it on hand in the freezer for a hot day.

snack

1 fruit per serving - Servings: 4

## Berries (Mid-Morning)



½ cup assorted berries  
2 Tbl fat free whipped cream/topping \*

- Place berries into a bowl.
- Top with the fat free whipped cream/topping.
- ENJOY!

\* The fat free whipped cream/topping should not exceed 20 calories per serving.

snack

1 fruit per serving

## Broiled Cinnamon Grapefruit (Mid-Morning)



½ of grapefruit - small  
1/8 tsp. cinnamon\*  
Stevia (to taste)

- Cut grapefruit in half.
- Cut and remove grapefruit sections.
- Squeeze shell to remove the juice and pour over sections.
- Remove veins left inside grapefruit shell.
- Mix together cinnamon and Stevia; toss with grapefruit sections to coat.
- Put the sections back in the shell.
- Broil for about 3-5 minutes until caramelized.

\* **Note:** Current literature states that 1/8 teaspoon of cinnamon contributes to increasing the metabolism.

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1 fruit per serving

## Citrus Salad (Mid-Morning)



½ cups total citrus fruit \*  
splash of lemon and/or lime juice (optional)  
zest of ¼ lemon and/or lime (optional)

- Cut off orange and grapefruit peel with a sharp knife, including all the white pith, leaving behind just the flesh.
- Cut the oranges and grapefruits into "supremes" or segments,

leaving behind the white membrane.

- Arrange the citrus fruit in a glass, bowl or on a plate.
- Finely grate the zest from the lemon and/or lime over the citrus fruit and top with a splash of lemon and/or lime juice.
- Cover and refrigerate for at least an hour, preferably overnight.
- ENJOY!!!

\* Suggestions: Grapefruit: Ruby Red, White or Golden  
Oranges: Naval, Blood, Cara Cara or Valencia

snack

1 fruit per serving

## Grape-sicles (Mid-Morning)



12 seedless grapes, any color  
skewers

- Take grapes and place them on the skewers (however many it takes to use all 12 grapes), leaving approx ½" between each grape.

You can alternate colors if you are using different types of grapes.

- Place on a parchment-lined cookie sheet or plate and place in the freezer.
- Once the "Grapesicles" are frozen or when you are ready to eat, remove from the freezer.
- ENJOY!

° When the grapes are frozen they are sweeter because the natural sugars in the grapes become concentrated.

° You may also place the grapes, clean and dried, in a food storage bag and place them in the freezer.

snack

1 fruit per serving

## Easy Melon Sorbet (Mid-Morning)



1 cup watermelon, cubed  
OR  
1/4 cup (6" diameter) cantaloupe, cubed  
OR  
1/8 cup (7" diameter) honeydew melon, cubed

- Cube one of the melons and place in a food-storage bag.
- Place in the freezer.
- When it's sorbet time, place frozen melon in the food processor/blender and purée. You may need to add water to make smooth.
- Serve immediately or store in the freezer in an airtight container up to two weeks.
- ENJOY!!!

1 fruit per serving

snack

## Orange Julianne (Mid-Morning)



1 orange, small  
Ice (as needed)  
vanilla (to taste)  
Stevia (if desired)  
water (as needed)

- Peel orange, remove seeds and pith (white part of rind), and place orange sections into a blender.
- Add a handful of ice and blend.
- Add vanilla and Stevia (if desired)
- Blend to the desired consistency, add water/ice as needed.
- Serve in a chilled glass.

1 fruit per serving

snack