

Create a Healthy Snack

Whip up a quick and healthy snack to fuel your body and satisfy your cravings. When deciding on a snack, choosing options that are balanced with 2-3 food groups and are lower in added sugars, saturated fat, and sodium will give you a satisfying and healthy boost of energy for the day. No fancy kitchen tools are needed—just a few minutes, a little creativity, and you're ready to snack smart!

Choose one protein to pair with a fruit or vegetable to create your own balanced healthy snack:

1 Proteins

Eat a variety of protein foods to get more of the nutrients your body needs and maintain your health. Vegetarian or vegan options can include beans, peas, lentils, nuts, seeds, and soy products.

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| <ul style="list-style-type: none"> • ¼ cup hummus (store bought, or puree garbanzo beans with your favorite spices) • ¼ cup nut butter of your choice • ¼ cup mixed nuts • ½ cup cottage cheese, fat-free • 1 cup yogurt fat-free | <ul style="list-style-type: none"> • 1 hard-boiled eggs • 1 tuna pouch or small can of tuna • 4 turkey or chicken deli slices • 1 cheese stick or 3-4 slices of your favorite cheese • 1 serving of bean dip (recipe on the back) |
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2 Fruits and Vegetables

Fruits and veggies are packed with vitamins and minerals that will help you stay healthy.

Tip for choosing fruits: Choose fresh, frozen, or canned fruit that does not have any added sugars or syrups.

Tip for choosing vegetables: Choose fresh, frozen, or canned vegetables that do not have any added salt (sodium).

Check with your local farmer's market to find out what is in season, or enjoy any of the fruits or veggies you have canned in your pantry or frozen in your freezer.

Fruits:

- ½ cup unsweetened applesauce
- 1 medium apple
- 1 orange
- 1 pear
- 1 cup of berries (strawberries, blueberries, etc.)
- 1 banana
- 1 cup of grapes
- 1 cup of melon (watermelon, cantaloupe, etc.)
- 1 mango

Vegetables:

- ¼ cup salsa
- 1 cup carrot sticks
- 1 cucumber, sliced
- 1 cup bell pepper, cut into strips
- 1 cup cherry or grape tomatoes
- 1 cup snap peas
- 1 cup broccoli or cauliflower florets
- 1 cup edamame

Healthy Snack Recipes

Each of these recipes and more can be found on <https://www.myplate.gov/myplate-kitchen>.

BERRIES WITH BANANA CREAM

- ½ cup yogurt, low-fat plain
- ½ banana, ripe
- ½ ounce 100% fruit juice (orange juice works well)
- 2 cups sliced strawberries (or another berry)
- 1 teaspoon honey
- ⅛ teaspoon cinnamon

Combine yogurt, banana, and juice and mash with a fork until most chunks are gone. Wash and slice strawberries. Top the berries with the yogurt banana mixture. Top with honey and cinnamon.

Yield: 4 servings

CHICKPEA DIP

- 3 garlic cloves
- ¼ cup yogurt, plain, fat-free
- 1 tablespoon lemon juice,
- 1 teaspoon olive oil (or cooking oil of choice)
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ⅛ teaspoon black pepper
- 1 can (15 ounces) chickpeas, low-sodium

Put all ingredients into a food processor, blender, or masher until smooth. Serve chilled with your vegetables of choice.

Yield: 4 servings

QUICK AND EASY BEAN DIP

- ⅓ cup beans, low-sodium canned or cooked (pinto beans work great)
- 1 teaspoon yogurt, non-fat plain
- 1 tablespoon salsa (store bought or made fresh, recipe below)

Salsa

- ½ lime, juiced
- 1 medium tomato, chopped (or canned)
- ¼ medium onion, chopped
- 1 jalapeno chili, finely chopped (optional)
- 2 tablespoons cilantro, chopped
- ¼ teaspoon salt

Place beans in a small, resealable plastic bag. Squeeze out extra air and seal. Mash beans with your fingers. Add yogurt and salsa. Seal bag and mix with fingers. Open bag or cut off corner of bag and squeeze out dip.

Yield: 1 servings

CRUNCHY BERRY PARFAIT

- ½ cup yogurt, non-fat vanilla
- 1 cup blueberries or strawberries (fresh or frozen thawed)
- ½ cup low-fat granola, crunchy cereal, or nuts

Spoon yogurt into glass. Top with fruit and granola.

Yield: 1 parfait

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