

# Healthy Snacks

 <p>1 Build a designer Turkey Sandwich with cinnamon raisin bread, deli turkey, cream cheese and strawberry preserves.</p>	<p>2 Dip a peeled banana in strawberry yogurt. Sprinkle with granola and freeze.</p>	<p>3 Serve deli chicken salad on whole wheat crackers.</p> 	<p>4 Smear pumpkin or apple butter over gingersnap cookies.</p>	<p>5 Dip graham crackers in chocolate hazelnut spread; sprinkle lightly with wheat germ.</p> 		
<p>6 Top low-fat cottage cheese with almonds and blueberries.</p>	 <p>7 Freeze a bunch of seedless red grapes and pass them out on a hot afternoon.</p>	<p>8 Serve frozen yogurt with fresh fruit and granola.</p>	<p>9 Top whole grain tortilla chips with salsa and cheese; heat under the broiler for quick nachos.</p>	<p>10 Stuff whole wheat yeast rolls with cheese and deli ham.</p>	<p>11 Blend orange juice, frozen pineapple chunks and frozen mango chunks for a Sunny Smoothie.</p>	
<p>12 Spread cream cheese over mini rice cakes; top with sliced strawberries or blueberries.</p>	<p>13 Mix plain yogurt and Ranch seasoning mix; serve with broccoli and baby carrots.</p>	<p>14 Make a Grilled Cheese Sandwich. Cut it into quarters and serve Grilled Cheese Croutons.</p>	<p>15 Combine vanilla Greek yogurt, peanut butter and cinnamon. Serve with sliced apples for dipping.</p>	<p>16 Cut bread into 2-inch strips, and make French Toast Sticks. Serve with strawberry yogurt for dipping.</p>	<p>17 Peel and freeze 2 bananas. Blend until smooth for instant banana sorbet.</p>	<p>18 Spread honey-flavored cream cheese over cinnamon-raisin bread; top with pineapple tidbits.</p>
 <p>19 Fill celery sticks with your favorite store-bought pimiento cheese.</p>	<p>20 Serve black bean dip with bell pepper slices and cherry tomatoes.</p>	<p>21 Top cubes of watermelon with dollops of goat cheese.</p>	<p>22 Fill plastic egg cups with sesame sticks, popcorn, sunflower seeds and fruit snacks.</p> 	<p>23 Top half an English muffin with pizza sauce and mozzarella cheese. Microwave to melt the cheese.</p>	<p>24 Mix Greek yogurt with honey; top with raspberries.</p>	
<p>25 Blend a banana, milk, vanilla yogurt and chocolate-hazelnut spread for a Chocolate-Banana Smoothie.</p>	<p>26 Fill sugar cones with chopped apple, raisins and mini marshmallows.</p>	<p>27 Stack small pretzel twists, peanut butter, banana slices and mini chocolate chips.</p> 	<p>28 Spread peanut butter over vanilla wafer cookies.</p>	<p>29 Make trail mix with raw almonds, pumpkin seeds, dried cranberries and dark chocolate chips.</p>	<p>30 Top wheat crackers with sharp Cheddar cheese and sliced Granny Smith apple.</p> 	