

## Sweets Snacks to Enjoy this Summer

- 1) Chocolate covered strawberries- Wash strawberries and dip in dark chocolate for a boost of antioxidants. Chill in refrigerator until chocolate hardens.
- 2) Choco-Nut Popcorn- Add 1 TBS melted peanut butter and a dusting of cocoa to a small bag of natural popcorn.
- 3) Peanut Butter and Chocolate Pretzels- Dip whole grain pretzels into melted peanut butter then melted chocolate. Let the peanut butter and chocolate harden and enjoy a sweet/salty snack to fight cravings.
- 4) Frozen Peanut Butter/Chocolate Banana- Slice banana into small pieces. Spread 1 tsp of peanut butter of each bite, dip in chocolate and then freeze. You'd be surprised that the consistency will remind you of ice cream, except healthier!
- 5) Smoothie- Add greek yogurt, ice and fruit into blender for a sweet, healthy snack. Try adding veggies such as spinach or kale. They will make the smoothie turn green, but you can't taste them and you are adding a lot of nutritional benefit!
- 6) Yogurt Parfait- Mix 1 cup greek yogurt, ¼ cup granola and fresh fruit.
- 7) Home-made All Fruit Popsicle- You can buy popsicle molds for as cheap at \$5-10 at Bed Bath and Beyond, Target, etc. Puree fruit of choice and some lime juice in blender. Pour into popsicle molds and freeze. Easy, healthy and no added sugar!
- 8) Banana Ice Cream- all you need is 3 ingredients: frozen bananas, peanut butter, cocoa. Put in blender and mix until smooth and creamy.
- 9) KIND bar- a healthy choice instead of a candy bar. They are loaded with protein so they will keep you full and satisfied. Plus they contain natural ingredients without added preservatives.
- 10) Healthy Fruit Snacks- Place fresh fruit in oven at 210 degrees for 3 hours until fruit dries out. They taste like candy but contain only natural fruit sugars.
- 11) Baked Cinnamon Apples- Slice apple and place in a freezer bag. Add 1 packet natural sweetener (Truvia, Stevia, Nectresse), ¼ tsp cinnamon, ¼ tsp cornstarch, 1 TBS water, 1 handful raisins (optional) to freezer bag. Microwave for 2 minutes and enjoy a healthy, sweet snack!
- 12) Frozen Yogurt Berry Drops- Roll raspberries, blueberries and blackberries in greek yogurt. Place on cookie sheet and put in freezer.
- 13) Frozen Grapes- Just place your grapes in the freezer. They just like mini popsicle bites!
- 14) Cinnamon Toast Crunch- Toast 1 Light whole wheat English Muffin. Spread 1 TBS Smart Balance, sprinkle Truvia, Stevia, Nectresse (natural calorie-free sweetener of choice). Add as much cinnamon as desired.
- 15) Trail Mix- Make it yourself to avoid all the added sugar/salt that can be found in a store brand. Try mixing dried fruit, granola, nuts. You can add dark chocolate for some extra antioxidants. This is a very healthy snack, but be careful a serving size is ¼ cup.
- 16) Grilled Banana S'mores- Slice a small banana down the middle and stuff it with marshmallows and dark chocolate. Wrap in aluminum foil, grill until chocolate/marshmallow melts and banana browns slightly.
- 17) Fruit Skewers- Having a barbeque? Add strawberries, bananas, kiwi onto your skewers for a sweet treat.



- 18) Fruit Sorbets- Add all ingredients in high speed blender. Do not overblend. Chill in metal container until firm. Tip: add frozen banana to make sorbet creamier.
- Strawberry Banana: 1 1/2 cups frozen strawberries, 1 1/2 bananas (fresh), 1/4 cup lemon juice, agave to taste
  - Pineapple Banana: 2 bananas (fresh), 1 1/2 cups frozen pineapple, 1/2 cup lemon juice agave to taste , optional sub: try coconut milk instead of lemon juice for an ultra creamy sorbet (not fat free)
  - Zippy Wild Blueberry: 1 1/2 cups frozen wild blueberries, 1/2 cup lemon juice, agave to taste , 1 banana (fresh), optional: 1/2 tsp ginger powder or grated fresh ginger OR dash of cayenne
  - Spicy Mango: 1 1/2 cups frozen mango, 1 banana (fresh), 1/3 cup lemon juice, agave to taste, a few dashes of cayenne powder
- \*Ingredient subs:* You can easily substitute the lemon juice with lime juice. A hint of citrus zest is also a nice touch.
- 19) Pudding Pops- Dissolve 1 sugar-free package instant pudding in 1 ½ cups fat-free milk and 2 cups fat-free cool whip. Scoop into 3 oz Dixie cups, insert a popsicle and freeze.
- 20) Sweet Summer Fruit Salad- In a bowl, combine 1 package sugar-free vanilla instant pudding and canned pineapple with the juice. Stir until well blended and all the pudding mixture has dissolved. Mix in 1 can pineapple, 1 lb. strawberries, 1 cup blueberries, 3 bananas, sliced. It's amazing!
- 21) No Sugar Added Fruit Dip- mix ½ cup fat-free, plain greek yogurt with ¼ cup natural peanut butter (crunchy recommended). Dip fruit in for a healthy dip
- 22) Apple Nachos- Slice 3 apples and spritz with 1 tsp lemon juice to prevent browning. Melt 3 TBS natural peanut butter and drizzle over apples. Sprinkle ¼ cup unsweetened flaked coconut, ¼ cup slices almonds, ¼ cup pecans, ¼ cup dark chocolate chips.
- 23) Home-made Chocolate Frozen Yogurt- Mix 6 oz fat-free plain greek yogurt, 2 TBS unsweetened baking cocoa and Stevia to taste. Freeze and enjoy!
- 24) Frozen Yogurt Pops- Only 3 ingredients! Blend 2 cups fat-free plain greek yogurt and ½ cup raw honey (or agave). Fold in 1 cup mixed berries (blueberries, strawberries, blackberries). Fill into popsicle molds and freeze for 3 hours (or overnight).
- 25) Crunchy Frozen Bananas- Mix 1 cup fat-free plain greek yogurt with cinnamon to taste. Insert popsicle stick into banana, dip banana into mixed greek yogurt and roll into crushed almonds. Freeze for a cold healthy snack.



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