Mix and Match Healthy Snacks with Cornell Wellness

Two keys to a healthy snack:
1. It contains produce like a vegetable or fruit (the size of your fist or about 1 cup is a single serving of produce)
2. It contains protein and/or fat to give you long-lasting energy and help keep you fuller longer (two tablespoons or two thumbs is often plenty of protein/fat for a between-meal snack)

Make a variety of healthy snack combinations by drawing a line from different foods in the PRODUCE column and connecting them with different foods in the PROTEIN/FAT column. Are there any other PRODUCE or PROTEIN/FAT choices you’d like to add to this list? Can you come up with at least TEN combinations to try?

<table>
<thead>
<tr>
<th>PRODUCE</th>
<th>PROTEIN/FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrot sticks</td>
<td>Peanut butter (no sugar added)</td>
</tr>
<tr>
<td>Celery sticks</td>
<td>Almond butter</td>
</tr>
<tr>
<td>Cucumber slices</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Bell pepper slices</td>
<td>Pumpkin seeds</td>
</tr>
<tr>
<td>Banana</td>
<td>Raw almonds</td>
</tr>
<tr>
<td>Small green salad</td>
<td>Raw walnuts</td>
</tr>
<tr>
<td>Apple slices</td>
<td>Hummus</td>
</tr>
<tr>
<td>Pear slices</td>
<td>Black bean dip</td>
</tr>
<tr>
<td>Orange or clementine</td>
<td>Hard boiled egg</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Greek yogurt or plain yogurt</td>
</tr>
<tr>
<td>Grapes</td>
<td>Yogurt-based dip</td>
</tr>
</tbody>
</table>
Lemon Garlic Hummus

Prep time: 10 minutes
Yield: 8 servings

Ingredients:
1 15-ounce can chickpeas
¼ cup tahini
¼ cup extra-virgin olive oil
¼ cup lemon juice
1 clove garlic
1 tsp ground cumin
½ tsp chili powder
½ tsp salt

Directions:
1. Drain chickpeas, reserving ¼ cup of the liquid. Transfer the chickpeas and the reserved liquid to a food processor or high-powered blender.
2. Add tahini, oil, lemon juice, garlic, cumin, chili powder, and salt. Puree until very smooth, 2 to 3 minutes.
3. Serve with vegetable crudités, pita bread, or a side of your choice.

Adapted from: http://www.eatingwell.com/recipe/256571/garlic-hummus/

Nutrition information:
Per ¼ cup: 155 calories; 12g fat (2g saturated fat); 2g fiber; 10g carbohydrates; 4g protein; 0mg cholesterol; 0g sugars; 0g added sugars.
Mini Yogurt Parfait

Prep time: about 5 minutes
Yield: 1 serving

Ingredients:
½ cup plain Greek yogurt
¼ cup blueberries (fresh or frozen)
2 Tbsp granola

Directions:
1. Layer all ingredients in a 1 cup serving container and seal (a half pint canning jar works great).
2. Keep refrigerated or on ice until ready to eat. Enjoy!

Nutrition information:
Per serving: 121 calories, 7.5g total fat, 1g saturated fat, 3mg cholesterol, 96mg sodium, 503mg potassium, 32g total carbohydrates, 5g dietary fiber, 19g sugars, 11g protein, 10% DV vitamin C, 25% DV calcium, 10% DV iron.