

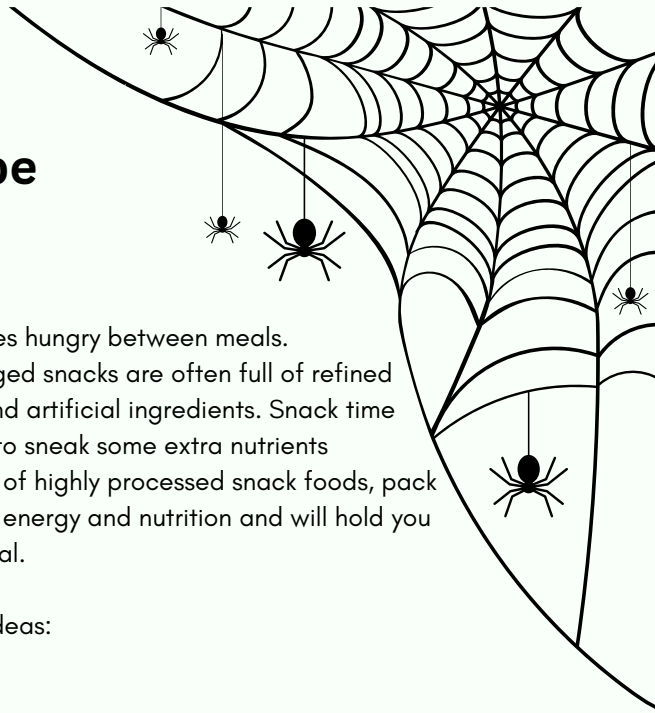
SNACK ATTACK!

Will there be snacks?

Often, we find ourselves hungry between meals. However, many packaged snacks are often full of refined flour, added sugars, and artificial ingredients. Snack time is a great opportunity to sneak some extra nutrients into your diet. Instead of highly processed snack foods, pack snack that will provide energy and nutrition and will hold you over until your next meal.

Here are some great ideas:

- Fresh Veggies (carrots, cucumbers, peppers, cauliflower, etc.)
- Fresh Fruit (bananas, apples, oranges, grapes, etc.)
- Fruit Cups (pears, mandarin oranges, peaches, fruit cocktail, etc.)
- Dried Fruit (raisins, dried cranberries, apricots, banana chips, etc.)
- Yogurt
- Cheese and Crackers
- Cottage Cheese
- String Cheese
- Popcorn
- Nuts and seeds
- Trail Mix
- Hard Boiled Egg
- Turkey and Cheese Roll ups
- Tuna
- Roasted Chickpeas
- Smoothies
- Rice Cakes and Hummus dip
- Veggies and Guacamole



Mango Roll Ups

Ingredients:

- 2 flour tortillas
- 1/3 cup low fat cream cheese
- 1 cup frozen mango, defrosted and drained
- 1 banana, cut into 4 long strips
- 2 tablespoons honey
- 1/4 teaspoon cinnamon

Directions:

1. Spread cream cheese over the tortillas.
2. Place half of the mango strips and 2 banana wedges on each tortilla.
3. In a small bowl, stir together the honey and cinnamon.
4. Drizzle the honey mixture over each tortilla.
5. Roll the tortillas up. Gently squeeze them to make sure the fruit sticks to the cream cheese.
6. Cut in half to serve. Enjoy!
7. Refrigerate leftovers.

Makes 4 servings.

YOUR NUTRITIONIST

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