Healthy Snack Ideas

1. Yogurt and fruit such as a banana or berries.
2. Celery with peanut butter and raisins.
3. Sprinkle grated cheese over a corn tortilla and fold in half. Microwave for 20 seconds. Serve with salsa.
4. Toss dried fruit and nuts in oatmeal.
5. Top low-fat yogurt with granola and fresh berries.
7. Spread peanut butter on apple slices.
8. Fresh vegetables with low-fat ranch or hummus.
10. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.