**SOMETHING TO SNACK ON**

**Make a smoothie!** Blend 1 packet of Carnation Instant breakfast, 1/2 cup unsweetened frozen raspberries, 1/2 cup granola and 1 cup skim milk.

1/4 cup almonds

1-2 Cups Popcorn

walnuts, peanuts or pistachios

1 cup fresh fruit or 1/2 cup unsweetened applesauce
(sprinkle with nutmeg or cinnamon)

1 serving All Bran Multi-Grain Crackers & 1-2 ounces cheese

1 cup grapes and 1 mozzarella cheese stick

12 ounce Skim Latte

1 cup fresh veggies (carrots, broccoli, and cauliflower) & Low-fat dip

1 slice cheese pizza and Iced Tea

1 cup cold cereal and skim milk

A BOILED EGG

Leftovers from dinner

1/4 cup white raisins, 1/4 cup pistachios or almonds and 1/2 cup Oat Bran cereal

Spread 1-2 TBSP peanut butter on a whole wheat tortilla, layer with one half of a sliced banana and drizzle with honey – wrap and eat

Toast whole wheat bread and layer with 1 ounce turkey, 1 slice cheese and slices of cucumber – sprinkle with dill – eat open face

1/2 cup cottage cheese topped with diced tomatoes and sprinkled with basil, chive or pepper

I SNACK PACK SIZE PUDDING WITH I SNACK SIZE TEDDY GRAHAMS