



5 Simple Healthy Snack Recipes

Sesame Carrots

Try this simple snack with the sesame seeds that add a nice touch.

Ingredients

2 cups baby carrots
1 tbsp. toasted sesame seeds
pinch of dried thyme
pinch of kosher salt



Direction

Toss carrots with sesame seeds, thyme and kosher salt in a small bowl.

Make 3 Servings, Calories per Serving: 33

Roasted Pumpkin Seeds

The Halloween favorite is actually a nice healthy snack choice any time of year.

Ingredients

- 1 1/2 cups raw whole pumpkin seeds
- 2 tsp. butter, melted
- 1 pinch salt

Directions

1. Preheat oven to 300 degrees F (150 degrees C).
2. Toss seeds in a bowl with the melted butter and salt.
3. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown.
4. Stir occasionally. Makes 6 servings.

Calories per Serving: 83



Cheesy Popcorn

This snack is so tasty you will think it can't be healthy.

Ingredients

4 cups hot air-popped popcorn
1/2 cup freshly grated Parmesan
cheese
cayenne pepper, to taste

Directions

Toss popcorn with Parmesan and
cayenne to taste.

(Makes 4 Servings)

Calories per Serving: 75



Sun Dried Tomato Dip

This dip is perfect for veggies, tortillas or other healthy options like melba toast.

Ingredients

- 1 cup sun-dried tomatoes, re-hydrated
- 1 tbsp. balsamic vinegar
- 1 cup non-fat cream cheese
- 1/2 cup non-fat sour cream
- basil leaves, for garnishing

Directions

1. Puree the sun-dried tomatoes and balsamic vinegar in the food processor.
2. Add the cream cheese and process until the mixture is smooth.
3. Add the sour cream and pulse until combined. Be careful not to over process or the mixture will liquefy.
4. Transfer the spread to a serving bowl and garnish with fresh basil.

Calories per Serving: 52



Hummus

This fresh version of a store bought favorite will blow you away with it's fresh taste

Ingredients

- 2 cups canned garbanzo beans, drained
- 1/3 cup tahini
- 1/4 cup lemon juice
- 1 tsp. salt
- 2 cloves garlic, halved
- 1 tbsp. olive oil
- 1 pinch paprika
- 1 tsp. minced fresh parsley



Directions

1. Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.
 2. Drizzle olive oil over the garbanzo bean mixture.
 3. Sprinkle with paprika and parsley.
- (Makes 8 Servings)



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