

FAVEDIETS



# 40 Healthy Snack Recipes



Everyday recipes made lighter

## **The Ultimate List Of Healthy Snacks: 40 Healthy Snack Recipes**

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## Letter from the Editors

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Dear Healthy Cooking Enthusiast:

Three meals are not always sufficient for satisfying hunger throughout the day. For those days when you just cannot wait until dinner, arm yourself with a tasty arsenal of healthy snacks. Avoid overeating at meal times by staying satisfied with hearty healthy snack recipes.

Everyone loves snacks, but it is often too easy to choose unhealthy snack options. But with this eCookbook, *The Ultimate List of Healthy Snacks: 40 Healthy Snack Recipes*, you have no excuse to be unhealthy at snack time.

We have assembled some of our staff's favorite healthy snack recipes, including fun healthy kids snacks, healthy snacks for teenagers, and low fat low calorie snacks. We have everything from Gummy Bears, Baked Sweet Potato Chips, Cheesy Pizza Mix, plus lots more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy snack recipes!

For additional healthy snack recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy snack recipes!

Sincerely,

*The Editors of FaveDiets*

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## **TABLE OF CONTENTS**

Fun Healthy Kids Snacks.....	6
Low-Fat Banana Yogurt Pops.....	6
Gummy Bears.....	7
Red Licorice Candy Bars .....	8
German-Style Soft Pretzel.....	9
Low Calorie Carrot Cheese Balls .....	11
Vanilla-Hazelnut Trail Mix.....	12
Healthy Snacks For Teenagers .....	13
Baked Sweet Potato Chips.....	13
Healthy Corn and Black Bean Salsa.....	14
Baked Blooming Onion.....	15
Baked Pita Chips.....	16
Cheesy Pizza Mix .....	17
Roasted Chili Peanuts.....	18
Protein Energy Bars.....	19
Low Fat Low Calorie Snacks .....	20
Healthy Mediterranean Garlic Pine Nuts .....	20
Fresh Green Tomato Salsa.....	21
Dark Chocolate and Cereal Snack Mix.....	22
Crispy Zucchini Dippers .....	23
Veggie Dip Cups.....	24
Chewy Exercise Granola Bars .....	25
Cranberry-Pear Oatmeal Power Bars .....	26
Healthy Snacks for Diabetics .....	27
Hot Roasted Pumpkin Seeds .....	27

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Prosciutto Wrapped Olives.....	28
Garlic Onion Popcorn .....	29
Warm “Pepperoni Pizza” Olives .....	30
Fresh Pico de Gallo Salsa.....	32
Easy Healthy Apple Butter.....	33
Low Sodium Snacks .....	34
Holiday Orange Almonds .....	34
Cinnamon Raisin Trail Mix.....	35
Cherry Chutney .....	36
Easy Spinach Bites .....	37
Almond-Stuffed Olives .....	38
Fig Energy Balls.....	39
Nutty Health Bar .....	40
Healthy Easy Party Snack Recipes .....	41
Savory Flavored Nuts .....	41
Grilled Shrimp Toast with Fresh Salsa .....	42
Vegetable Hummus.....	43
Russian-Style Eggs.....	44
Quick and Easy Bruschetta .....	45
Spicy Glazed Pumpkin Seeds.....	46
Easy Authentic Guacamole .....	47

## Fun Healthy Kids Snacks

### Low-Fat Banana Yogurt Pops

#### **Description**

Let's be honest - you can't always get kids interested in healthy eating. We found the ideal compromise in Low-Fat Banana Yogurt Pops. The kids will love to make their own popsicles, and, in this healthy children's snack, the sugar is optional!

#### **Ingredients**

- 2 bananas
- 2 ounces plain yogurt
- $\frac{1}{4}$  cup milk
- 1 tablespoon sugar (optional)

#### **Instructions**

1. Mash the bananas, mix with yogurt, and then add milk and sugar.
2. Pour into molds and freeze.

## Gummy Bears

### **Description**

Know what gummy bears are made of and make them healthier with homemade gummy bears. If you've ever wondered what do gummy bears contain, then find out with this recipe for gummy bears.

### **Ingredients**

- 3 ounces box jello
- 7 envelopes unflavored gelatin
- $\frac{1}{2}$  cup water

### **Instructions**

1. Mix in a saucepan until the mixture resembles play dough.
2. Place pan over low heat and stir until melted.
3. Once completely melted, pour into plastic candy molds, and place in the freezer for 5 minutes.
4. When very firm, take out of molds and eat! Have fun!

## Red Licorice Candy Bars

### **Description**

Is licorice good for you? It can be with this licorice recipe. Learn how to make licorice with this homemade licorice recipe for licorice candy.

### **Ingredients**

- 4 envelopes Knox gelatin
- 3 envelopes diet cherry Jell-O
- 4 cups water
- 2 teaspoons anise extract

### **Instructions**

1. Soften unflavored gelatin in 1/2 cup of cold water.
2. Bring remaining water to boil and dissolve both gelatins in the boiling water.
3. Add flavoring and pour into 9 x 13-inch pan.
4. Refrigerate. When firm, cut into squares.



## German-Style Soft Pretzel

### **Description**

Let this soft homemade pretzel recipe show you how to make pretzels with more flavor than any store pretzel. This German-style homemade soft pretzel recipe is unbelievably tasty.

**Serves:** 12

### **Ingredients**

- 1 package active dry yeast
- 1 cup warm water
- 3 cups all purpose flour
- 2 tablespoons salad oil
- 1 tablespoon sugar
- 6 tablespoons baking soda in 6 cups water
- Coarse salt

### **Instructions**

1. In a bowl, dissolve yeast in water.
2. Add 1 1/2 cups of the flour, the oil, and sugar. Beat for about 3 minutes to make a smooth batter. Gradually stir in enough of the remaining flour to form soft dough.
3. Turn out onto a floured board and knead until smooth and satiny, about 5 minutes, adding flour as needed to prevent sticking.
4. Place dough in a greased bowl, turn over to grease top. Cover and let rise in a warm place until double, about 1 hour.
5. Punch down dough, turn out onto a floured board, and divide into 12 pieces. Shape each into a smooth ball by gently kneading. Then roll each into a smooth rope about 18 inches long, and twist into a pretzel shape.
6. Place slightly apart on a greased baking sheet turning loose ends underneath. Let rise, uncovered, until puffy, about 25 minutes.
7. Meanwhile, in a 3-quart stainless steel or enameled pan, not aluminum, bring soda water to a boil; adjust water to keep water boiling gently.
8. With a slotted spatula, lower 1 pretzel at a time into pan. Let simmer for 10 seconds on each side, then lift from water, drain briefly on spatula, and return to baking sheet.

9. Let dry briefly, and then sprinkle with coarse salt and let stand, uncovered, until all have simmered.
10. Bake in a preheated 425 degree F oven for 12 to 15 minutes or until golden brown. Transfer to racks, serve warm with butter, mustard or even cream cheese. Or let cool completely, wrap airtight, and freeze.
11. To reheat, place frozen on ungreased baking sheets and bake in a preheated 400 degree oven for about 10 minutes or until hot.

## Low Calorie Carrot Cheese Balls

### **Description**

Nutritious snacks for kids are rarely as tasty as this snack. If you want nutritious snacks for children, then try this recipe. Easy kid snacks are great for you and young ones, and kids will enjoy this healthy treat.

**Serves:** 8

### **Ingredients**

- 6 ounces fat free cream cheese
- $\frac{1}{8}$  teaspoon cayenne pepper
- 2 tablespoons chopped onion
- $\frac{2}{3}$  cup grated carrots
- 8 drops Worcestershire sauce
- chopped parsley to garnish
- 16 fat free crackers, any type

### **Instructions**

1. Combine all ingredients except crackers in medium bowl; mix well.
2. Roll mixture into 1 inch balls.
3. Sprinkle cheese balls with chopped parsley.
4. Chill for 2 hours. Serve with crackers.

## Vanilla-Hazelnut Trail Mix

### **Description**

Sweetened with honey rather than sugar, this easy nut, fruit and cereal trail mix is a healthy choice for kids or adults. Keep moving with this fantastic energy-filled trail mix.

**Cooking Time:** 10 min

### **Ingredients**

- 6 cups Kix cereal
- 1 1/2 cups hazelnuts, coarsely chopped or whole, roasted
- 1 cup golden raisins
- 1 cup banana chips
- 1 small package non-instant vanilla pudding
- 1/2 cup honey
- 1/2 cup peanut butter

### **Instructions**

1. Mix cereal, nuts, raisins and banana chips together.
2. In saucepan, combine vanilla pudding and honey; bring to a boil and boil 30 seconds. Remove from heat. Stir in peanut butter; mix well.
3. Pour over cereal mix and mix until coated. Put on cookie sheet to cool.

## Healthy Snacks For Teenagers

### Baked Sweet Potato Chips

#### **Description**

Unlike potato recipes, sweet potato recipes are healthier for you because they contain more nutrients. Use this sweet potato recipe to learn how to cook a sweet potato like a regular potato, only with tastier results.

**Preparation Time:** 5 min

**Cooking Time:** 15 min

#### **Ingredients**

- 1/2 pound sweet potatoes
- 1/2 tablespoon corn oil

#### **Instructions**

1. Preheat oven to 400 degrees F. Lightly coat a baking sheet with non-stick cooking spray.
2. Slice the sweet potatoes by hand in very thin slices, or use a food processor with a 2-millimeter disk.
3. In a large bowl, carefully toss the sweet potato slices by hand in the oil to coat the chips lightly.
4. Lay the slices in a single layer in the prepared baking pan. Bake the chips for fifteen minutes.
5. Turn each piece over with a metal spatula and bake for five more minutes. Chips should be dry and slightly crisp. If not, bake up to three more minutes, checking every minute so the chips won't burn.
6. Let cool for five minutes before serving.

## Healthy Corn and Black Bean Salsa

### **Description**

Full of protein-rich black beans, vegetables and citrus, this salsa makes a healthy snack anytime or a healthy topping for vegetable burritos. Spicy food helps you to eat slower and prevent over-eating.

### **Ingredients**

- 30 ounces black beans, rinsed and drained
- 1 cup frozen yellow corn kernels, defrosted and drained
- 1 cup frozen white shoe peg corn kernels, defrosted and drained
- $\frac{1}{2}$  cup fresh cilantro, chopped
- 1 jalapeño, minced
- 1 large tomato, peeled and chopped
- 2 cloves garlic, minced
- 1 large sweet onion (Bermuda, Florida, Maui, Vidalia), chopped
- 3 green onions, thinly sliced
- 1 teaspoon chili powder
- 1 tablespoon ground cumin
- 3 tablespoons lime juice
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 pinch cayenne pepper
- salt to taste

### **Instructions**

1. Thoroughly, but gently, mix everything together. More or less of anything can be added to suit your own tastes.
2. Refrigerate at least 4 hours and up to 2 days, to allow flavors to blend. Let come to room temperature before serving with baked tortilla or pita chips.

## Baked Blooming Onion

### **Description**

Onions are a sweet and healthy vegetable option. This blooming onion recipe will blow you away. Use red onions for added sweetness.

### **Ingredients**

- 1 red onion
- $\frac{1}{4}$  cup Panko bread crumbs
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon paprika
- 1 egg white (beaten slightly)

### **Instructions**

1. Cut the red onion  $\frac{3}{4}$  of the way down as many times as possible.
2. Combine crumbs, garlic, paprika and egg white.
3. Drizzle this over the onion, spray with olive oil if desired.
4. Bake at 375 degrees F for 40-50 minutes.

Spicy Dipping Sauce: 3 tbsp cottage cheese (put in blender until smooth), 1 tbsp mayonnaise,  $\frac{1}{8}$  tsp horseradish,  $\frac{1}{4}$  tsp cayenne pepper, salt & pepper. Mix and serve with onion.

## Baked Pita Chips

### **Description**

As a healthy alternative to potato chips and other snacks, bake up seasoned whole-wheat pita chips. Serve with healthy hummus, salsa or enjoy as a side dish with turkey burgers.

**Cooking Time:** 20 min

### **Ingredients**

- 1 package whole wheat pita bread, cut into wedges
- olive oil or vegetable cooking spray
- seasoning (such as Mrs. Dash)

### **Instructions**

1. Cut pitas into 8-12 wedges per slice.
2. Place the pita wedges onto a cookie sheet in a single layer.
3. If using olive oil, brush the pita wedges with olive oil, then sprinkle with seasoning. If using cooking spray, sprinkle the pita wedges with seasoning, then spray.
4. Bake at 350 degrees F until crisp, about 20 minutes. Pita chips may need to be turned half-way through in order to crisp on both sides.



## **Cheesy Pizza Mix**

### **Description**

This is a great recipe for when you have guests. The pretzel nuggets and cheese make it taste to perfection. It's a quick and easy recipe too.

### **Ingredients**

- 8 Crispix cereal
- $\frac{1}{4}$  cup Fat-free Parmesan cheese
- 1 tablespoon dry spaghetti sauce mix
- 2 teaspoon garlic powder
- 4 pretzel nuggets
- Vegetable oil

### **Instructions**

1. Combine parmesan cheese, spaghetti sauce mix, and garlic powder. Set aside.
2. In a bag, combine Crispix cereal and pretzel nuggets.
3. Pour oil over cereal mixture.
4. Close bag and gently toss cereal mixture until well coated.
5. Add parmesan cheese mixture and close bag.
6. Gently toss cereal mixture until well coated.
7. Enjoy this snack with a friend!

## Roasted Chili Peanuts



### **Description**

Snacking on a small amount of nuts is a healthy way to keep your energy up during the day. This preparation makes peanuts or other nuts a bit more interesting.

### **Ingredients**

- 1 1/2 tablespoons sunflower or olive oil
- 1/2 tablespoon crushed chilies
- 1 tablespoon cumin
- 1/4 turmeric
- 1 tablespoon sugar
- 4 cups raw peanuts

### **Instructions**

1. Preheat oven to 325 degrees F.
2. Combine all ingredients except the nuts in a baking pan and mix well.
3. Add nuts and toss to mix.
4. Spread nuts in a single layer and bake for 20 minutes, or until golden, stirring 2 or 3 times during cooking.
5. Serve barely warm or at room temperature.

Variation: Try assorted nuts.

## Protein Energy Bars

### Description

These protein-rich bars are made with beans, nuts and granola. Cinnamon, dates and coconut make these bars a tasty snack.

**Serves:** 30

**Cooking Time:** 45 min

### Ingredients

- Nonstick cooking spray
- 1 <sup>2</sup>/<sub>3</sub> cups low-fat granola cereal
- 1 cup dates, pitted and chopped
- 1 cup flaked coconut
- <sup>2</sup>/<sub>3</sub> cup light brown sugar, packed
- <sup>1</sup>/<sub>2</sub> cup whole wheat flour
- 1 teaspoon ground cinnamon
- 15 ounces can pinto or Great Northern beans, rinsed drained and coarsely chopped
- <sup>1</sup>/<sub>2</sub> cup dark raisins
- <sup>1</sup>/<sub>2</sub> cup walnuts or almonds, chopped
- <sup>1</sup>/<sub>2</sub> cup honey
- 3 tablespoons butter or margarine, melted
- 2 tablespoons canola oil
- 1 teaspoon vanilla
- <sup>1</sup>/<sub>8</sub> teaspoon salt

### Instructions

1. Line a 13 by 9 by 2-inch baking pan with foil. Lightly coat foil with nonstick cooking spray. Preheat oven to 350 degrees F.
2. Combine cereal, dates, coconut, brown sugar, flour, and cinnamon in large bowl. Stir in beans, raisins, and nuts.
3. Combine honey, butter or margarine, oil, vanilla, and salt in small bowl. Add to cereal mixture; stir until combined. Spread in prepared pan.
4. Bake in preheated oven for 40 to 45 minutes or until edges of bars are lightly brown and center is firm to touch. Cool completely.
5. Use foil to lift out of pan; cut into bars. Freeze bars, wrapped in foil, up to 3 months.

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## Low Fat Low Calorie Snacks

### Healthy Mediterranean Garlic Pine Nuts

#### **Description**

This delicious garlic-and-olive-oil-infused feast is at the top of our list of healthy snacks. Try it as an appetizer or a midday snack!

**Cooking Time:** 20 min

#### **Ingredients**

- 4 ounces pine nuts
- 2 teaspoons olive oil
- $\frac{1}{2}$  teaspoon garlic, minced

#### **Instructions**

1. Preheat oven to 250 degrees F.
2. Put all flavor ingredients into a mixing bowl. Add nuts and toss.
3. Transfer to a roasting pan into which the nuts will fit in one single layer.
4. Roast for 20 minutes or until nuts begin to color. Transfer to a paper towel to drain excess oil.

#### **Notes**

For a dryer consistency, substitute sprays olive or corn oil. A good thing about making your own flavored nuts is creating the flavors you like, with as much or as little salt as you choose. Store in an air-tight container, preferably tin.

## Fresh Green Tomato Salsa

### **Description**

Salsa made with green tomatoes, bell pepper, lime juice and a touch of spice is a healthy snack anytime with baked tortilla chips. This salsa also works wonderfully over fish.

### **Ingredients**

- 3 green tomatoes, chopped
- 2 jalapeno peppers, seeded and minced
- 1 garlic clove, finely chopped
- $\frac{1}{4}$  cup cilantro, chopped
- $\frac{1}{4}$  cup parsley leaves, chopped
- $\frac{1}{2}$  red bell pepper, seeded and coarsely chopped
- 3 tablespoons lime juice
- 1  $\frac{1}{2}$  teaspoons sugar
- $\frac{1}{2}$  teaspoon salt

### **Instructions**

1. Place the green tomatoes, jalapeno peppers, garlic, cilantro and parsley in a food processor or blender. Blend to a coarse puree.
2. Add bell pepper, lime juice, sugar and salt. Blend until well blended. If using immediately add a tablespoon of water if the salsa seems too thick. If refrigerating until ready to use, do not add water. The vegetables will give off liquid as the salsa sits. Makes about 1  $\frac{1}{2}$  cups.

## Dark Chocolate and Cereal Snack Mix

### **Description**

This fun snack for kids proves that sweet and decadent can be healthful and nutritious too. From antioxidants to protein, this creative snack for children provides an assortment of essential nutrients.

### **Ingredients**

- 1 box of multigrain Chex cereal
- 1 large jar of dry roasted peanuts
- 1 small bag of pretzel twists
- 2 packages of dark chocolate chips
- $\frac{1}{4}$  cup light oil

### **Instructions**

1. Mix together the cereal, nuts and pretzels.
2. Melt the chocolate with the oil over lowest heat on a stovetop.
3. Pour the melted chocolate evenly over the dry mixture.
4. Place in a pan and freeze firm.
5. Break apart mixture and place into a serving container.

## Crispy Zucchini Dippers

### **Description**

These zucchini sticks are a great alternative to fried zucchini. They make a great appetizer that you can even fool the kids into eating. The zucchini "fries" are fun to dip and would pair well with a low-fat yogurt sauce or a marinara.

**Serves:** 6

**Preparation Time:** 30 min

**Cooking Time:** 15 min

### **Ingredients**

- 3 medium zucchini
- $\frac{1}{2}$  cup wheat germ
- $\frac{1}{2}$  cup almonds, finely chopped
- $\frac{1}{4}$  cup reduced fat Parmesan cheese, grated
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup margarine or butter, melted

### **Instructions**

1. Cut each zucchini lengthwise into fourths, then lengthwise into halves to form sticks.
2. Mix wheat germ, almonds, cheese and salt in plastic bag. Roll about 8 zucchini sticks at a time in margarine until evenly coated. Lift with fork. Shake sticks in wheat germ.
3. Lay on an ungreased cookie sheet

## Veggie Dip Cups

### **Description**

Vegetables are the serving pieces for this fun and tasty party dip. Create the filling in just a few easy steps and pipe it right into your cut veggies for an app that won't require a plate. You can also try this healthy appetizer as a dip and serve with your favorite fresh cut vegetables.

### **Ingredients**

- 2 avocados, seeded, peeled and mashed
- 1 cup low-fat or fat-free sour cream
- 2 tablespoons margarine
- 2 teaspoons lemon juice
- 4 drops hot pepper sauce
- 2 stalks celery, cut into 3-inch pieces
- <sup>1</sup>/<sub>4</sub> pound fresh mushrooms, stems removed
- 1 each green and red bell pepper, seeded and cut into thick strips
- Garnishes: fresh chives, parsley sprigs, radish slices, olive slices, pecan or walnut halves
- 

### **Instructions**

1. Blend avocados, sour cream, margarine, lemon juice and hot pepper sauce in blender or food processor until smooth.
2. Spoon filling into celery pieces, mushroom caps and pepper strips or



## Chewy Exercise Granola Bars

### **Description**

Making organic nutrition bars that are healthy and tasty has never been easier. Try your hand at homemade nutrition bars today.

**Preparation Time:** 10 min

**Cooking Time:** 35 min

### **Ingredients**

- 1 cup rolled oats
- $\frac{1}{2}$  cup whole wheat flour
- $\frac{1}{4}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{8}$  cup butter or margarine
- $\frac{1}{2}$  cup nonfat plain yogurt
- $\frac{1}{3}$  cup honey
- $\frac{1}{2}$  cup brown sugar, firmly packed
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{2}$  cup dates, raisins and/or pecans, optional
- $\frac{1}{2}$  cup apples, walnuts, and  $\frac{1}{2}$  teaspoon cinnamon, optional
- $\frac{1}{2}$  cup dried apricots and almonds, optional
- $\frac{1}{2}$  cup chocolate chips and nuts, optional

### **Instructions**

1. Chop up whatever you decide to flavor your bars with.
2. Mix this with the oats, flour, baking powder, and baking soda in a large bowl.
3. In another bowl, mix together the butter, yogurt, brown sugar, and vanilla. Stir this into the dry ingredients.
4. Pour the mixture into a greased 9x12 inch pan and bake at 325 degrees F until the top just turns brown (about 30-40 minutes). Cut when mostly cooled.

Note: These should come out fairly thin.

## Cranberry-Pear Oatmeal Power Bars

### **Description**

Give yourself a boost with these tasty dried-fruit oatmeal bars. You can substitute a natural, sugar-free sweetener such as Truvia for the sugar and honey for the corn syrup for a healthy snack.

**Serves:** 21

**Cooking Time:** 20 min

### **Ingredients**

- 3 cups quick-cooking oats
- 1/2 cup dried pears, finely chopped
- 1/2 cup dried cranberries, finely chopped
- 3/4 cup butter or margarine
- 1 cup brown sugar, packed
- 3/4 teaspoon salt
- 1/2 teaspoon grated lemon rind
- 1 1/2 tablespoons corn syrup
- 1 1/2 teaspoons vanilla

### **Instructions**

1. In large bowl, combine oats and dried fruit; set aside.
2. In large heavy saucepan, melt butter over low heat. Stir in sugar, salt, lemon rind, corn syrup and vanilla; bring to a boil over medium heat, stirring frequently.
3. Remove from heat and stir in oat mixture. Turn into 13x9-inch baking pan; press mixture to form an even layer.
4. Bake at 350 degrees F for 20 minutes. Cut into bars while still warm.

## Healthy Snacks for Diabetics

### Hot Roasted Pumpkin Seeds

#### **Description**

This recipe shows that healthy afternoon snacks don't have to be bland. Garlic, seasoning and red pepper give Hot Roasted Pumpkin Seeds enough kick and fire to get you through the rest of your day!

**Cooking Time:** 1 hr 15 min

#### **Ingredients**

- 2 cups pumpkin seeds
- 2 teaspoons garlic salt
- 2 teaspoons garlic powder
- 1 package Goya Azzafran Seasoning
- 1-2 tablespoons crushed red pepper in brine
- 2 tablespoons butter

#### **Instructions**

1. Mix all ingredients except butter and marinate for at least 2 hours.
2. Add butter and mix well.
3. Place on greased cookie sheet and bake in a preheated 250 degrees F oven for 75 minutes, turning once.

## Prosciutto Wrapped Olives

By Lindsay Olives



### Description

This easy healthy recipe from Lindsay Olives is perfect for any meal or any occasion. Olives pair perfectly with the smooth cheese and the salty prosciutto in this simple recipe.

### Ingredients

- 1 ounce piece Parmesano-Reggiano or aged parmesan cheese
- 1 6-ounce can Lindsay® Black Ripe Pitted Olives, drained
- 3 ounces thinly sliced prosciutto
- Small frilled wooden picks or colorful cocktail picks
- Red lettuce leaves

### Instructions

1. Cut the cheese into small (1/4-inch) pieces; stuff one piece into each olive.
2. Cut prosciutto into 3 x 1/2-inch strips. Fold each strip lengthwise once to form 3 x 1/4-inch strips.
3. Wrap a strip around each olive; secure with a pick and place on a lettuce lined serving plate.
4. Cover and chill up to 24 hours before serving. Serve cold or at room temperature.

### Nutritional Information

Nutrients per appetizer (2 prosciutto wrapped olives): Calories: 24 Calories from fat: 17 Total fat: 2g Monounsaturated fat: 1g Cholesterol: 4mg Sodium: 141mg Total carbohydrates: 1g Dietary fiber: 0g Protein: 1g

### Notes

Makes 2 dozen appetizers (about 48 prosciutto wrapped olives).

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## Garlic Onion Popcorn

### **Description**

This fun healthy kids snack deserves to go on your list of healthy snacks that you always make. This low-calorie treat showcases the lighter side of popcorn, proving you do not need loads of butter to make creative snack recipes.

### **Ingredients**

- 1 quart popcorn, popped
- 3 tablespoons butter substitute
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 teaspoon salt

### **Instructions**

1. Melt butter substitute. Add onion powder, garlic powder and salt.
2. Drizzle mixture over popcorn and mix well.

## Warm “Pepperoni Pizza” Olives

By George Duran courtesy Lindsay Olives



### **Description**

Pizza Olives: What better way to serve the flavors of pepperoni pizza than in a bowl? Spicy cubes of pepperoni compliment the delectable olives while garlic and oregano gives the impression that you are enjoying the American classic! Put away that pizza cutter ‘cause all you need here are your fingers!

**Preparation Time:** 15 min

**Cooking Time:** 5 min

### **Ingredients**

- 1/4 cup extra virgin olive oil
- 1 4.5-ounce jar Lindsay® Jalapeno Stuffed Spanish Olives, drained
- 1 6-ounce can Lindsay® Ripe Pitted Olives, drained
- 1 cup cubed pepperoni, about 5 ounces
- 2 garlic cloves, minced
- 2 teaspoons dried oregano
- 1/2 cup sun-dried tomatoes, roughly chopped
- 1 cup cubed Romano cheese, about 4 ounces

### **Instructions**

1. Combine oil, olives, pepperoni, garlic, oregano, and sun-dried tomatoes in small saucepan. Cook over medium-high heat until garlic is fragrant and oil is hot, about 5 minutes.
2. Remove from heat and leave in saucepan for a few minutes. Add cheese cubes and place in a serving bowl.

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### **Notes**

Yield: Makes about 3 cups

Tip: Place a shot glass filled with toothpicks next to the bowl so that your guests may use them to skewer the pepperoni-olives.

A good all-around amber ale is a perfect match to the Pizza Olives as the flavors of malt will compliment hearty ingredients like pepperoni.

Courtesy Lindsay olives

## **Fresh Pico de Gallo Salsa**

By: John Kunkel of Lime Fresh Mexican Grill

### ***Description***

Try this low-fat delicious salsa from Lime Fresh Mexican Grill at the Promenade in Coconut Creek, Florida. The restaurant's fast-casual, fresh appetizers like this Pico de Gallo are perfect for football season.

### ***Ingredients***

- 2 medium fresh tomatoes, diced
- <sup>1</sup>/<sub>2</sub> Spanish onion, diced
- 1 bunch cilantro, thoroughly washed and minced
- 1 tablespoon salt
- Juice from 4 limes

### ***Instructions***

1. Add diced tomatoes, onions and cilantro in a large bowl.
2. Cut limes in half; squeeze into mix.
3. Add salt, and mix all ingredients thoroughly.



## Easy Healthy Apple Butter

### **Description**

It's an easy apple recipe that combines the health benefits of apples in a tasty spread format. Add extra flavor to toast or bagels with this apple butter spread.

**Cooking Time:** 50 min

### **Ingredients**

- 14 ounces unsweetened applesauce
- $\frac{1}{4}$  cup apple juice, frozen concentrate
- $\frac{1}{4}$  cup Splenda
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon ground cloves
- $\frac{1}{4}$  teaspoon salt

### **Instructions**

1. In heavy-bottomed saucepan, stir together all ingredients.
2. Boil over medium-low heat, partially covered, 40 to 50 minutes or until thick, stirring occasionally.
3. Refrigerate in closed container up to 3 weeks.

## Low Sodium Snacks

### Holiday Orange Almonds

#### **Description**

This tasty and truly unique snack makes a wonderful gift. Egg white and nuts make Holiday Orange Almonds a simple, nutritious snack recipe to savor.

#### **Ingredients**

- 1 1/2 cups whole blanched almonds, lightly toasted
- 1 egg white, slightly beaten
- 3/4 cup sifted powdered sugar
- 1 1/2 teaspoons grated orange rind
- dash of ground nutmeg

#### **Instructions**

1. Combine almonds and egg white; set aside.
2. Combine remaining ingredients. Drain almonds, and stir into sugar mixture until well coated.
3. Spread onto a greased baking sheet.
4. Bake at 250 degrees F for 20 to 30 minutes or until coating is dry and almonds are crisp; stir almonds occasionally.

#### **Notes**

Yield: 1 1/2 cups. Store in airtight Christmas tins for holiday giving.

## Cinnamon Raisin Trail Mix

### **Description**

For hikes and other active days, mix up a tasty trail mix to keep you going. This slightly sweet mix is a joy to snack on.

**Cooking Time:** 10 min

### **Ingredients**

- 2 cups toasted oat cereal
- 2 cups hexagon-shaped corn cereal
- 2 cups pretzel bits
- $\frac{3}{4}$  cup raisins
- $\frac{1}{2}$  cup sunflower seeds
- 2 tablespoons reduced fat margarine
- 2 tablespoons brown sugar
- 1 tablespoon cinnamon

### **Instructions**

1. In a large bowl combine the cereals, pretzel bits, raisins, and sunflower seeds. Toss gently.
2. Melt margarine in a microwave or saucepan and stir in brown sugar and cinnamon. Pour over the cereal mixture. Toss to coat.
3. Bake 8-10 minutes in a 350 degree F oven.

## Cherry Chutney

### **Description**

Skip the regular dip and reach for this sweet flavorful alternative. This sweet and sour dipping sauce chutney is bound to please. You will turn to this free chutney recipe over and over again.

**Serves:** 4

**Cooking Time:** 15 min

### **Ingredients**

- 2 cups pitted dried cherries
- 1 <sup>1</sup>/<sub>4</sub> cups sugar substitute
- <sup>3</sup>/<sub>4</sub> cup white vinegar
- <sup>1</sup>/<sub>4</sub> cup finely chopped celery
- <sup>1</sup>/<sub>4</sub> cup minced fresh ginger
- 6 tablespoons apple juice
- 3 tablespoons fresh lemon juice
- <sup>1</sup>/<sub>2</sub> teaspoon crushed dried red pepper flakes

### **Instructions**

1. Combine all ingredients in a microwave-safe 2-quart casserole or mixing bowl, and stir well.
2. Cook uncovered on high (100 percent) power 6 minutes.
3. Stir, making sure sugar has dissolved, and return to microwave. Cook another 8 minutes.
4. Allow chutney to cool to room temperature; then cover tightly and refrigerate. It will keep several weeks in the refrigerator. Serve with poultry and pork.

## Easy Spinach Bites

### **Description**

For your next party, serve an appetizer with health benefits with this cheap easy appetizer recipe. Spinach provides this easy party appetizer with loads of essential vitamins and minerals.

### **Ingredients**

- 20 ounces package frozen spinach
- 2 cups herb stuffing mix
- 1 large onion, chopped
- 3 eggs, well beaten
- $\frac{3}{4}$  cup reduced fat Parmesan cheese
- $\frac{1}{2}$  cup butter, melted
- 3 dashes hot sauce
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{2}$  teaspoon salt

### **Instructions**

1. Cook spinach, drain, squeeze dry and chop fine.
2. Combine cooked spinach with stuffing mix, onion, eggs, Parmesan cheese, butter, hot sauce, salt and pepper. Chill mixture for several hours in refrigerator.
3. Shape into small bite-sized balls and freeze.
4. When ready to use, place spinach balls on cookie sheet sprayed with oil spray and lined with foil.
5. Bake at 350 degrees F for 20 minutes and serve.

## Almond-Stuffed Olives

### **Description**

These stuffed and marinated olives are a great appetizer to have ready for dinner guests. This is an easy way to create some spectacular from an often drab ingredient. Try using different varieties of olives, like Kalamata or black olives.

### **Ingredients**

- 20 large pitted green olives, rinsed and drained
- $\frac{1}{2}$  cup whole almonds, blanched, toasted and cooled
- 4 large garlic cloves, sliced thin
- 1 teaspoon dried hot red pepper flakes
- $1\frac{3}{4}$  cups olive oil

### **Instructions**

1. Stuff olives with almonds and in a glass bowl combine with remaining ingredients.
2. Marinate olives, covered and chilled, at least 3 days and up to 1 week. Let olives stand at room temperature 15 minutes before serving.

## Fig Energy Balls

### **Description**

Bake up a sweet fruit and oat bran snack to give you energy throughout the day. The figs, applesauce and fruit juices will provide more immediate energy while the oat bran provides more sustained energy.

**Serves:** 20

**Cooking Time:** 10 min

### **Ingredients**

- 24 dried figs
- $\frac{1}{3}$  cup honey
- 4 tablespoons orange juice
- 2 tablespoons lemon juice
- 1 teaspoon lemon juice
- $2\frac{1}{2}$  cups unbleached flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon baking powder
- 1 tablespoon applesauce
- $\frac{1}{2}$  cup dark corn syrup
- 2 egg whites
- 1 cup oat bran

### **Instructions**

1. Add figs, honey, orange juice, and 2 tbsp lemon juice to food processor and mix on "chop" until fig bits are finely cut. Set aside.
2. Put all other ingredients (except oat bran) in mixing bowl. Beat with an electric mixer 3 - 4 minutes at medium speed. Add fig mixture and beat until everything blends.
3. Roll 20 - 24 balls and coat with oat bran poured on a plate.
4. Place balls on a pan and bake at 350 degrees F for 10 minutes or until they are warm and a bit puffy.
5. Place in a refrigerator to harden. For a crunchier texture, bake 2 - 5 minutes longer, or until dough is thoroughly cooked.

## Nutty Health Bar

### **Description**

Create a healthy protein bar to keep you going and energize you for activity. A bit of cocoa and honey makes this bar a tasty snack.

**Preparation Time:** 5 min

**Cooking Time:** 1 min

### **Ingredients**

- 2 cups nut butter (peanut is great)
- 1 <sup>3</sup>/<sub>4</sub> cups honey or maple syrup
- <sup>1</sup>/<sub>4</sub> cup cocoa powder
- 2 tablespoons malt powder
- 2 <sup>1</sup>/<sub>4</sub> cups protein powder
- 3 cups uncooked oatmeal

### **Instructions**

1. Mix peanut butter with honey in microwave for about 1 min.
2. Mix in the powders (cocoa and malt are optional, but recommended). Mix in oatmeal. Press into a pan (9 x 13 inches).
3. Refrigerate, and then cut into bars. Store in fridge, wrapped in plastic or waxed paper.



## Healthy Easy Party Snack Recipes

### Savory Flavored Nuts

#### **Description**

Surprise your guests with this unique recipe next time you throw a dinner party. Savory Flavored Nuts eliminates fat and sugar, and will introduce your guests to a savory new taste!

**Cooking Time:** 20 min

#### **Ingredients**

- 8 ounces walnuts cashews, pecans, or peanuts
- 2 teaspoons peanut oil
- $\frac{1}{4}$  teaspoon kosher salt
- 1 teaspoon dried herbs such as thyme, savory, tarragon or sage
- Spice of choice

#### **Instructions**

1. Preheat oven to 250 degrees F.
2. Put all flavor ingredients into a mixing bowl. Add nuts and toss.
3. Transfer to a roasting pan into which the nuts will fit in one single layer. Roast for 20 minutes or until nuts begin to color.
4. Transfer to a paper towel to drain excess oil.

#### **Notes**

For a dryer consistency, use spray olive or corn oil. A good thing about making your own flavored nuts is creating the flavors you like, with as much or as little salt as you choose. Store in airtight container.

## Grilled Shrimp Toast with Fresh Salsa

### **Description**

This fresh summer appetizer is full of crisp, refreshing flavors. This is a great poolside snack or party platter item. The fresh salsa and shrimp are a great flavor combo and made even better by the fact that they are low-fat.

**Serves:** 4

### **Ingredients**

- 12 shrimp, peeled and deveined
- 1 French baguette, sliced into 1/2 inch pieces on the diagonal
- 4 tablespoons olive oil
- 1 tablespoon fresh herbs (basil, thyme, rosemary), chopped
- 2 tablespoons garlic, chopped
- 2 large vine ripe tomatoes, chopped
- 1 jalapeno, diced
- 2 tablespoons red onion, diced
- Juice of 1/2 lime
- 12 cilantro sprigs
- Salt and pepper

### **Instructions**

1. Combine 3 tablespoons olive oil, 1 tablespoon garlic, and fresh herbs.
2. Dip baguette slices into marinade briefly and grill until golden. Set aside.
3. Sauté or grill shrimp 1 minute or until done.
4. Combine tomato, cilantro, jalapeno, and red onion with 1 Tablespoon olive oil and lime juice. Season with salt and pepper.
5. Arrange 3 slices of grilled baguette on 4 plates and top with shrimp and salsa. Garnish with fresh cilantro sprigs.

## Vegetable Hummus

### **Description**

This hummus recipe is delicious. Spice up your hummus recipes with fresh vegetables like carrots, tomato and red peppers!

### **Ingredients**

- 2 cups canned or cooked garbanzo beans, drained
- 2 large carrots
- 5 tablespoons tahina (or to taste)
- 1 large garlic clove or 2-3 smaller cloves (to taste)
- $\frac{1}{3}$  cup lemon juice (to taste)
- coriander (whole seeds) to taste
- ground cumin (to taste)
- salt to taste
- fresh parsley, to taste

### **Instructions**

1. Microwave or steam carrots until soft enough to blend; crush coriander seeds with a mortar and pestle or hammer; mince or press garlic.
2. Add all items to food processor, using minimum starting amounts of "to taste" ingredients. Process well, scraping frequently, tasting and adjusting seasonings.
3. Serve as a spread on toasted bagels or pitas.

Note: Substitute carrots for any other vegetable of your choice. Red and green peppers or tomatoes are a great variation!

## Russian-Style Eggs

### **Description**

Use this easy party appetizer recipe to make a low-calorie, low-carb appetizer all your friends and family will enjoy. This simple yet fancy appetizer recipe comes together in minutes.

**Serves:** 12

### **Ingredients**

- 12 hard-boiled eggs, cooled and shelled
- $\frac{1}{2}$  pound mushrooms, chopped finely
- $\frac{1}{2}$  cup parsley, minced
- Ground black pepper
- $\frac{1}{2}$  cup light mayonnaise

### **Instructions**

1. Cut the eggs in half and take out the yolks. Mix the egg yolks with the mushrooms, parsley and add black pepper.
2. Add mayonnaise to egg yolk mixture and blend until gray.
3. Stuff each hollow egg half with a teaspoon of the paste. Put a tiny little bit of mayo on top if desired and stick a parsley leaf on. Refrigerate before serving.

## Quick and Easy Bruschetta

### **Description**

Bruschetta is a classic Italian appetizer that is quick and easy. You can throw this together just minutes before your guests arrive and no one will know! This recipe is light and healthy, and serves as a great replacement for typical fried appetizers.

### **Ingredients**

- 1 tomato, chopped
- 1 clove garlic
- 1 tablespoon olive oil
- Basil
- Italian bread

### **Instructions**

1. Toast/grill the bread until it is crispy.
2. Rub the bread with the cut clove of garlic -- careful, the bread absorbs more garlic than you expect.
3. Drizzle with olive oil. Top with chopped tomato, then ample amounts of basil.

### **Notes**

This recipe is great with homemade bread.

## Spicy Glazed Pumpkin Seeds

### **Description**

Add an ultra-flavorful kick to your snacking routine with this fun healthy snack. This creative snack recipe combines your favorite spices to make a delicious snack everyone will love. One of the best fun healthy kids snacks around.

### **Ingredients**

- 1 cup pumpkin seeds
- 5 tablespoons sugar
- $\frac{1}{4}$  teaspoon coarse salt
- $\frac{1}{4}$  teaspoon cumin, ground
- $\frac{1}{4}$  teaspoon cinnamon, ground
- $\frac{1}{4}$  teaspoon ginger, ground
- 1 pinch cayenne pepper, or to taste
- 1  $\frac{1}{2}$  tablespoons peanut oil

### **Instructions**

1. Heat oven to 250 degrees F. Line a baking sheet with parchment paper.
2. Spread seeds on parchment in an even layer. Bake until dry, stirring occasionally, about 1 hour. Let cool.
3. In a medium bowl combine 3 tablespoons sugar, salt, cumin, cinnamon, ginger, and cayenne.
4. Heat peanut oil in a large nonstick skillet over high heat. Add pumpkin seeds and 2 tablespoons sugar. Cook until sugar melts and the pumpkin seeds begin to caramelize, about 45 to 60 seconds.
5. Transfer seeds to bowl with spices and stir well to coat. Let cool.

### **Notes**

These may be stored in an airtight container for up to 1 week.

## Easy Authentic Guacamole

### **Description**

Get more heart healthy avocado into your diet with this easy recipe for guacamole dip. Let this simple recipe show you how to make fresh guacamole that will instantly disappear when served at your next gathering.

### **Ingredients**

- 1/2 small onion, very finely chopped
- 2 Serrano chilies or one jalapeno, stemmed and seeded, finely chopped
- 1 medium tomato, cored and finely chopped
- 1 clove garlic, chopped
- 10 sprigs cilantro, chopped
- 3 medium avocados
- Salt, to taste
- 1/2 a fresh squeezed lime

### **Instructions**

1. In a medium bowl, mix onions, chilies, tomato, garlic and cilantro.
2. Remove the pit and peel on the avocado and cut into small pieces.
3. Lightly mash the avocado with onion mixture.
4. Flavor with salt. Then add the lime juice.
5. Return the avocado pits to the guacamole (keeps it from turning black) and cover with a sheet of plastic wrap. Make sure to press it directly against the surface all over. Set aside or refrigerate to let flavors blend.
6. When ready to serve, add whole sprigs of cilantro for garnish. Serve with tortilla chips or mound over shredded lettuce for a different salad.

## The Ultimate List of Healthy Snacks: 40 Healthy Snack Recipes

Free eCookbook from [www.FaveDiets.com](http://www.FaveDiets.com)

Included in this eCookbook

- 40 Healthy Snack Recipes, including:
  - Fun Healthy Kids Snacks
  - Healthy Snacks For Teenagers
  - Low Fat Low Calorie Snacks
  - Healthy Snacks For Diabetics
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