

Food Pyramid Plate Health Snacks

Below are recipes for easy and healthy snacks that include all or most of the components on the food plate. You can substitute any item with what you have in your house!

Food Pyramid Plate Wrap

- For each tortilla you will need:
- 1 6-7-inch whole wheat tortilla
- 1-2 ounces thin-sliced turkey or ham
- 2 tablespoons shredded cheddar cheese
- 1/2 cup shredded lettuce
- 1 tablespoon raisins
- low-fat mayonnaise or salad dressing

On a tortilla, spread mayonnaise or salad dressing of your choice. Then layer on the turkey or ham, cheese, lettuce, and raisins. Roll up and enjoy.

Feel free to make a wrap using different ingredients:

- 1 tablespoon peanut butter
- 2 tablespoons raisins
- 2 tablespoons grated carrot (about 1 medium carrot)
- 2 tablespoons vanilla yogurt

Whole Grain Trail Mix

- 3 cups oat circles
- 3 cups rice squares
- 3 cups unflavored popcorn
- 3 cups whole wheat squares
- 3 cups whole wheat pretzels
- 1 cup raisins

Mix ingredients together. Place in a sealed container.

Variations--add any of the following: peanuts, dried cranberries, almonds, dried apricots, chocolate chips, small oyster soup crackers, cheese crackers.

Snack Pizzas

- 1 tube refrigerated buttermilk biscuits (10 biscuits)
- 1 cup pizza sauce
- 3/4 cup shredded mozzarella cheese (or other favorite cheese)
- 3/4 cup sliced or chopped vegetables (green peppers, cherry tomatoes, mushrooms, onions, broccoli)

Flatten each biscuit into a 3-inch circle and press into a greased muffin cup. Spoon 1 1/2 Tablespoons of pizza sauce into each cup. Top each with the vegetables and 1 Tablespoon of cheese. Bake at 425° for 10-15 minutes or until golden brown. Cool and package individually in plastic sandwich bags.

You can also make this into a sweet treat by using yogurt and fruit. No need to cook in the oven if you make it this way.

Food Pyramid Plate Kabobs

- 1/4 loaf french bread
- 4 1 oz Swiss cheese cubes
- 4 1 oz cooked ham cubes
- 4 cherry tomatoes
- 4 canned or fresh pineapple pieces/chunks

Cut bread into chunks. Cut cheese and ham into cubes, if necessary. Wash the cherry tomatoes. Drain the pineapple chunks if using canned pineapple. Assemble the foods on wooden skewers.

You can choose other ingredients from each food group:

- Meat and bean: cooked chicken, lean roast beef, tofu, or turkey
- Milk: try different cheeses
- Vegetables: cucumber, broccoli, or cauliflower pieces
- Fruit: strawberries, orange sections, banana chunks, cantaloupe chunks, grapes
- Bread: bagel, pita, cut into pieces

Ants on a Log

INSTRUCTIONS

1. Wash your log and cut each stick in half.
2. Add filling into the concave part of log and spread.
3. Push “ants” into the filling and enjoy

- Log Ideas
 - Carrots
 - Cucumber (slice in half, lengthways and scrape out seeds)
 - Banana (slice in half, lengthways)
 - Apple (cut into wedges)
 - Pear (cut into wedges)
 - Peach / Nectarine (cut into wedges)
- Filling Ideas

- Any nut butter
- Cream Cheese
- Cottage Cheese
- Hummus
- Mashed avocado/guacamole
- Greek Yoghurt

Ant Ideas

- Raisins
- Other dried fruit (apricot, dates, figs, pineapple etc) cut into raisin-sized pieces.
- Peas
- Sweetcorn
- Olives
- Cherry tomatoes
- Grapes
- Blueberries
- Seeds
- Nuts