

Mediterranean Tuna Snack



Prep time 10 min.

Total time 10 min.

Makes 8 servings, 2 topped crackers each

Ingredients

1 can (6 oz.) white tuna in water, drained, coarsely flaked
2 Tablespoons (Tbsp.) finely chopped roasted red pepper
2 Tbsp. Fat Free Zesty Italian Dressing
4 basil leaves cut into strips
1 teaspoon (tsp.) fresh lemon juice
16 Triscuit® crackers or celery sticks

Method:

1. Mix tuna, peppers, basil and dressing and lemon juice until well blended.
2. Spoon evenly onto crackers.
3. Garnish with fresh parsley sprigs or basil, if desired.

Nutritional information

Calories: 70 , Total fat: 2 g, Saturated fat: 0 g, Cholesterol: 5mg Sodium: 190 mg

Carbohydrate: 7 g, Dietary fiber: 1 g, Protein: 5 g

Adapted from Kraft Recipes.com

Sunrise Smoothie

Ingredients:

6 ounces (oz.) Greek yogurt (vanilla, or other flavor)
½ cup shredded carrots
1 banana
½ cup frozen fruit of your choice
1 cup (not from concentrate) orange juice
½ tsp fresh ginger (peeled and chopped)

Method:

1. In a blender place all the ingredients and blend until smooth.
2. Garnish with a strawberry and orange slice.

Chocolate Hay Stacks

Serving Size: 1 haystack

Ingredients

- 4 cups *Fiber One* cereal
- ½ cup shredded unsweetened coconut
- 16 oz. semi-sweet chocolate chips
- ½ cup all-natural peanut butter
- ½ cup toasted pecans
- ½ cup dried cranberries

Method:

1. Combine *Fiber One*, coconut, pecans and cranberries in a large bowl.
2. Place chocolate chips in a small, microwave-safe bowl and microwave until melted, stirring every 30 seconds. Add peanut butter for final 20 seconds and stir until smooth.
3. Pour melted mixture over cereal and stir until well coated.
4. Drop single tablespoon-sized dollops onto waxed paper, cool until firm and serve.

Nutrition Facts:, *Calories 90, Total Fat 5g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 10mg, Total Carbs 10g, Fiber 2g, Protein 2g*