

Snacks and S'mores

Layered Black Bean Dip

Makes 8 Servings

15 ounces black beans, drained and rinsed
1 package taco seasoning
1/2 cup light sour cream
1/2 cup cheddar cheese, grated
1/2 cup salsa, thick and chunky
1/2 cup tomatoes, chopped
1/4 cup green onion, chopped

Mash beans and taco seasoning together.
Spread on serving dish.
Top with sour cream, grated cheese, salsa,
tomatoes, and green onions.

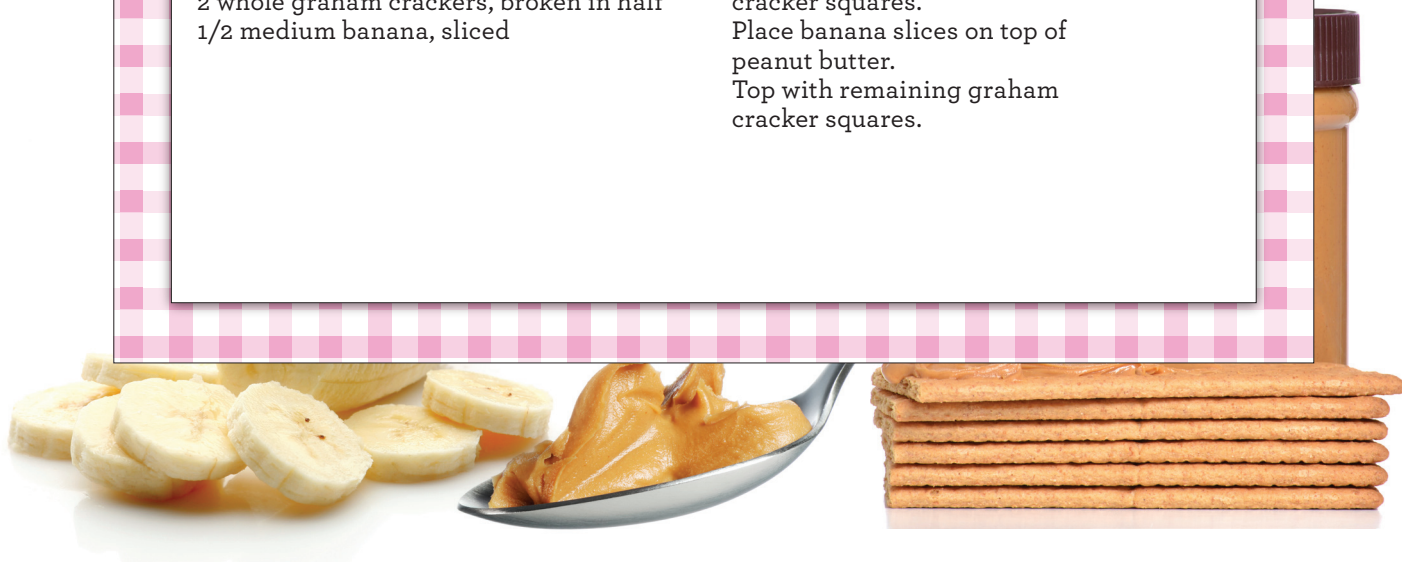


Peanut Butter S'mores

Makes 2 Servings

2 tablespoons creamy peanut butter
2 whole graham crackers, broken in half
1/2 medium banana, sliced

Spread peanut butter on graham cracker squares.
Place banana slices on top of peanut butter.
Top with remaining graham cracker squares.



Super Sundae

Makes 2 Servings

1 cup vanilla low fat yogurt
1 cup mixed fruit
2 tablespoons granola

Divide yogurt between two clear glasses.
Spoon the fruit on top of yogurt.
Sprinkle each sundae with granola.

Strawberry Waldorf Salad

Makes 6 Servings

4 apples, chopped
3 celery stalks, chopped
1 cup seedless grapes, sliced
10 almonds, crushed into small pieces
6 ounces low fat strawberry yogurt

Mix all ingredients together and chill for 1 hour.

Trail Mix

Makes 8 Servings

3 cups multigrain O-shaped cereal
1 cup dried cranberries
1/2 cup almonds or walnuts
1/2 cup dried berries such as raisins, cranberries, or blueberries
1-3/4 cup pretzels

Mix together and serve.

