

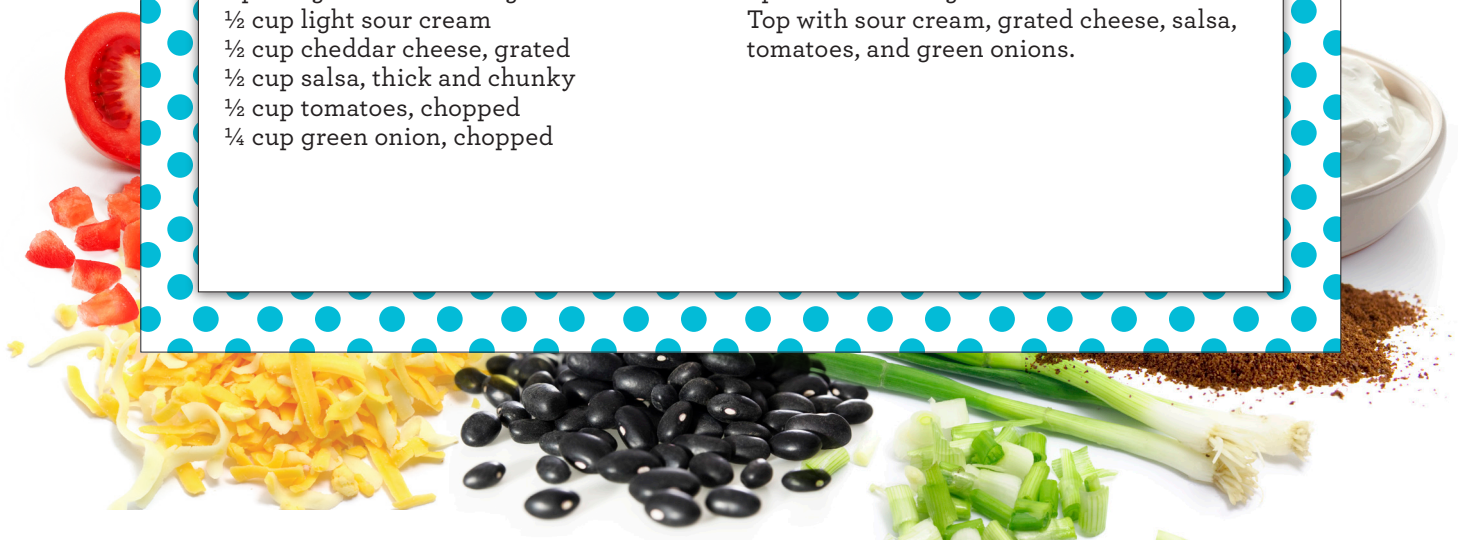
Snacks and S'mores

LAYERED BLACK BEAN DIP

Makes 8 Servings

15 ounces black beans, drained and rinsed
1 package taco seasoning
½ cup light sour cream
½ cup cheddar cheese, grated
½ cup salsa, thick and chunky
½ cup tomatoes, chopped
¼ 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
½ 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
 $\frac{1}{2}$ cup almonds or walnuts
 $\frac{1}{2}$ cup dried berries such as raisins, cranberries, or blueberries
 $1\frac{3}{4}$ cup pretzels

Mix together and serve.



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