



Snacks
200 or
Under
Calories

Snack Ideas

Simple Recipes for Snacks

Snacks

Snacks under 200 calories

CHOCOLATE-DIPPED GINGERSNAPS

8 small gingersnaps
1/3 cup bittersweet chocolate chips, melted (see Tip)
1 tablespoon finely chopped crystallized ginger
1 tablespoon finely chopped dried cranberries

Dip gingersnaps into melted chocolate. Let the excess drip off. Place on a wax paper-lined plate. Sprinkle with crystallized ginger and cranberries.
Refrigerate until the chocolate is set, about 30 minutes.

Tips & Notes

Make Ahead Tip: Refrigerate in an airtight container for up to 5 days.

Tip: To melt chocolate: Microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

(Total: 157 calories)

http://www.eatingwell.com/recipes/chocolate_dipped_gingersnaps.html

FAST STRAWBERRY FROZEN YOGURT

1 16-ounce package frozen unsweetened strawberries, (about 3 1/2 cups)
1/2 cup sugar, preferably instant-dissolving
1/2 cup nonfat plain yogurt
1 tablespoon lemon juice

Combine strawberries and sugar in a food processor and pulse until coarsely chopped.
Combine yogurt and lemon juice in a measuring cup; with the machine on, gradually pour the mixture through the feed tube. Process until smooth and creamy, scraping down the sides of the workbowl once or twice. Serve immediately.

(Total: 150 calories)

http://www.eatingwell.com/recipes/fast_strawberry_frozen_yogurt.html

STRAWBERRIES DIPPED IN CHOCOLATE

2 ounces high-quality dark chocolate
12 strawberries

Microwave chocolate in a small bowl on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted. Dip strawberries in the melted chocolate.

(Total: 133 calories per serving)

http://www.eatingwell.com/recipes/strawberries_dipped_in_chocolate.html

BANANA MUFFINS

1 cup flour
3/4 tsp baking soda
3/4 tsp baking powder
1/4 tsp salt
1/2 cup sugar
1 tsp cinnamon
1/2 tsp vanilla
1 egg
3 1/2 Tbsp butter, melted
2 large bananas

Sift together flour, baking soda, baking powder and salt. Set aside.
Mix together bananas, sugar, egg, melted butter, vanilla extract and cinnamon.
Fold flour mixture into wet ingredients. Line muffin tin with paper liners. Fill paper liners and bake 350 degrees for 20 - 30 minutes. Makes 12 muffins.

(Total: 128.1 calories per serve)

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=385811>

MOIST PUMPKIN CAKE

1 can (15 oz.) pumpkin
1 pkg dry cake mix (spice cake or chocolate is the best)
1 cup water

Pour dry cake mix into bowl, add water and pumpkin, mix thoroughly. Spray cake pan with cooking spray. Pour mix into cake pan. Bake at 350 for at least 40 minutes. Let cool and cut into 12 servings.

Number of Servings: 12

(Total: 191.5 calories per serve)

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=21636>

GORP

1/2 ounce(s) whole shelled (unpeeled) almonds
1/4 ounce(s) unsalted dry-roasted peanuts
1/4 ounce(s) dried cranberries
1 tablespoon(s) chopped pitted dates
1 1/2 teaspoon(s) chocolate chips

Combine almonds, peanuts, cranberries, dates and chocolate chips in a small bowl

(Total: 102 calories per serve)

<http://www.delish.com/recipefinder/gorp-recipe-5123>

AVOCADO TEA SANDWICHES

1 avocado, ripe, sliced
1 tablespoon reduced-fat mayonnaise
1/2 teaspoon lemon juice
1/8 teaspoon cracked black pepper
8 very thin slices wheat bread
2 ounces thinly sliced smoked salmon
12 thin slices European cucumber

Combine mayonnaise, lemon juice and pepper in a small bowl. Thinly spread on bread and top with salmon, avocado and cucumber.

Per serving: 143 calories

http://www.eatingwell.com/recipes/avocado_tea_sandwiches.html

EGG & CRISPBREAD

1 large hard-boiled egg, chopped
1 tablespoon dill pickle relish
2 teaspoons reduced-fat mayonnaise
1 whole-grain crispbread cracker, such as

Mix egg with relish and mayonnaise. Spread the egg mixture on cracker.

Per serving: 112 calories

http://www.eatingwell.com/recipes/egg_crispbread.html

GARLIC & HERB PITA CHIPS

4 6-inch whole-wheat pitas
2 tablespoons extra-virgin olive oil
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
1/4 teaspoon salt

Position oven racks in middle and lower third of oven; preheat to 350°F.

Coat 2 large baking sheets with nonstick cooking spray.

Cut pitas into 8 wedges each and separate each wedge at the fold. Place the pita wedges, rough-side up, in an even layer on the prepared baking sheets. Brush with oil and sprinkle with Italian seasoning, garlic powder and salt.

Bake the pita wedges, switching the baking sheets halfway through, until golden and crispy, 6 to 10 minutes (depending on the thickness).

Make Ahead Tip: Store in an airtight container for up to 4 days.

Per serving: 117 calories

http://www.eatingwell.com/recipes/garlic_herb_pita_chips.html

PINEAPPLE-RASPBERRY PARFAITS

2 8-ounce containers (2 cups) nonfat peach yogurt
1/2 pint fresh raspberries, (about 1 1/4 cups)
1 1/2 cups fresh, frozen or canned pineapple chunks

Divide and layer yogurt, raspberries and pineapple into 4 glasses.

Per serving: 109 calories

http://www.eatingwell.com/recipes/pineapple_raspberry_parfaits.html

PISTACHIO CHOCOLATE PUDDING

1 prepared low-fat chocolate pudding snack cup
1 tablespoon chopped pistachios

Top pudding cup with pistachios.

Per serving: 147 calories

http://www.eatingwell.com/recipes/pistachio_chocolate_pudding.html

STRAWBERRY & CREAM CHEESE SANDWICH

1 tablespoon reduced-fat cream cheese, (Neufchâtel)
1/4 teaspoon honey
1/8 teaspoon freshly grated orange zest
2 slices very thin whole-wheat sandwich bread
2 medium strawberries, sliced

Combine cream cheese, honey and orange zest in a bowl. Spread bread with the cheese mixture. Place sliced strawberries on 1 piece of bread, top with the other.

Per serving: 128 calories

http://www.eatingwell.com/recipes/strawberry_cream_cheese_sandwich.html

SPICED CHICKPEA “NUTS”

1 15-ounce can chickpeas, rinsed
1 tablespoon extra-virgin olive oil
2 teaspoons ground cumin
1 teaspoon dried marjoram
1/4 teaspoon ground allspice
1/4 teaspoon salt

Position rack in upper third of oven; preheat to 450°F. Blot chickpeas dry and toss in a bowl with oil, cumin, marjoram, allspice and salt. Spread on a rimmed baking sheet. Bake, stirring once or twice, until browned and crunchy, 25 to 30 minutes. Let cool on the baking sheet for 15 minutes.

Make Ahead Tip: Cover and store at room temperature for up to 2 days.

Per serving: 103 calories

http://www.eatingwell.com/recipes/spiced_chickpea_nuts.html

THE PERFECT SNACK

1/8 cup (3/4 ounce) cubed part-skim Swiss cheese
1/8 cup (1/2 ounce) cubed smoked turkey
1/2 apple, cubed

Combine cheese, turkey and apple.

Per serving: 123 calories

http://www.eatingwell.com/recipes/the_perfect_snack.html

FARMER'S CHEESE & STRAWBERRIES

1 cup sliced fresh strawberries
1/4 cup farmer's cheese

Top strawberries with cheese.

Per serving: 153 calories

http://www.eatingwell.com/recipes/farmers_cheese_strawberries.html

GRILLED DARK CHOCOLATE SANDWICH

1/4 cup fat-free evaporated milk
3 ounces bittersweet chocolate, finely chopped
1 1/2 tablespoons butter, softened
8 slices thin whole-wheat or white sandwich bread
3 tablespoons bittersweet or semisweet chocolate chips
2 tablespoons chopped toasted hazelnuts, (optional)

Heat evaporated milk just until boiling. Add chocolate, let stand for 1 minute, then whisk until smooth. Let cool slightly. Spread butter on one side of each slice of bread. Divide the chocolate mixture on the unbuttered side of 4 slices, leaving a little border.

Press chocolate chips and nuts, if using, into the chocolate. Cover with the remaining slices of bread, buttered-side up, and press lightly.

Cook the sandwiches in a large nonstick skillet over medium-high heat for 1 to 2 minutes. Turn over, press with a spatula, and cook until nicely browned and the chocolate is barely melted, 30 seconds to 1 minute. Serve warm.

Per serving: 151 calories

http://www.eatingwell.com/recipes/grilled_dark_chocolate_sandwich.html

PINA COLADA YOGURT PARFAIT

1/3 cup reduced-fat vanilla yogurt
1/2 cup crushed canned pineapple, or canned mandarin oranges
1 tablespoon toasted coconut, (see Tip)

Top yogurt with pineapple (or canned mandarin oranges) and coconut.

Tip: To toast coconut: Place coconut in a small dry skillet and cook, stirring often, until golden, about 5 minutes or spread in a shallow baking dish and bake at 350°F until light golden and fragrant, 5 to 10 minutes.

Per serving (with pineapple): 155 calories

http://www.eatingwell.com/recipes/pina_colada_yogurt_parfait.html

FRUIT SALAD

Start by cutting up an equal amount of bananas, strawberries, blueberries, and pineapple. Add about 1/2 a can of mandarin oranges, drained. Set this aside for a minute.

In a small bowl mix about 1 cup of plain yogurt (I used my homemade), 1/4 tsp of cinnamon, some sweetener (I used 2 pkgs of Splenda, but you can use 1 tbsp of sugar if you prefer), and some lemon zest. Sometimes I leave out the cinnamon, and just add more lemon, but mostly I love the spiciness the cinnamon gives it. Sometimes I also add some ground ginger. Again, it all depends on the flavors you want.

Mix it together well and let it chill in the fridge for 30 mins or so before serving.
I based mine off of the 6 oz container of blueberries and adjusted the amount of fruit from there.

This makes 4 very generous servings.

Calories 105

<http://www.karacooks.com/2009/05/fruit-salad/>

MINI APPLE PIES

1/4 cup of water
1/4 tbsp honey (5g)
1/2 tsp cinnamon
1/4 tsp vanilla
1 tbsp whole wheat flour
pinch of salt
2 small apples diced – about a cup
(I used gala and left the skins on)
8 won ton wrappers

Preheat the oven to 375. In a small pot whisk the water, honey, cinnamon, vanilla, and flour over medium heat. Add the apple. Stir to coat everything.

The liquid should just boil and start to thicken.

Drop the heat down to medium low and cover. Cook for 12-15 minutes until the apple just softens. Meanwhile, spray a mini muffin pan with non-stick cooking spray press the won ton wrappers in to form the crusts.

Scoop the apple mixture evenly into the wontons. Bake for about 10 minutes until the edges start to brown and get crispy.

(Total: 140 calories per serve)

<http://greenlitebites.com/2009/12/09/mini-apple-pies/>

GRILLED CHEESE SANDWICH

2 slices of reduced calorie bread (100 cal.)
2 slices fat free cheese (50 cal.)
Pam cooking spray.

Spray pan and one side of each slice of bread with a 1/3 second spray.....Grill sandwich on both sides until toasted. Great sandwich for only 150 Calories and 1 gram of fat. And the cheese melts well for being fat free.

(Total: 150 calories)

<http://www.caloriesperhour.com/forums/forum14/148.html>

LOW CALORIE SNACKS

Apricot Icee

Just buy a can of "lite" apricots, toss about 3-4 of the halves into the blender with some ice and a few packs of Equal or Splenda, and blend. It is like a fancy tropical drink with under 100 calories.

(Total: under 100 calories)

GUILT FREE APPLE TURNOVER

I have one of those Sandwich Maker things that makes grilled cheese and such...well to took some wheat bread, sugar free apple pie mix, and cinnamon & sugar and made a tasty hot turnover type snack. Just sprinkle some of the cinnamon & sugar on each slice, chop up the apples from the pie mix real small (serving is 1/3 cup) put it on one slice, sprinkle more cinnamon & sugar on the apples, put the other slice on, close the Sandwich maker and in one minute you have a wonderful, hot, little "pie" only about 100 calories! But you have to eat only half of it! Save the other half for later!

(Total: under 100 calories)

<http://www.caloriesperhour.com/forums/forum14/4384.html>

LOW CALORIE BAKED PEARS

2 Tbsp chopped walnuts (1/2 oz.)
2 medium-sized anjou pears, halved and cored
1/2 cup orange juice
1 Tbsp plus 1 tsp brown sugar
1/8 tsp ground cinnamon
Dash of salt
1/4 cup pitted, chopped dates
2 Tbsp raisins

Preheat the oven to 375°F. Spread the walnuts evenly in a single layer on a small baking sheet. Bake for 3-4 minutes, or until lightly toasted. Set aside.

Place the orange juice, brown sugar, cinnamon, and salt in a small saucepan, and heat over medium high heat until small bubbles begin to break the surface.

Continue to cook for two minutes, stirring constantly with a wire whisk, until slightly thick. Add the dates, raisins, and walnuts. Remove from heat.

Place the pears, cored side up, in a single layer in a small baking dish. Spoon the fruit mixture evenly into the cored portion of each pear. Drizzle with the fruit syrup, reserving 2 Tbsp of syrup for garnishing after the pears have baked.

Bake the pears for 15 minutes at 375°F. Drizzle the reserved syrup evenly over the pears.

Per Serving Calories 148

<http://lowcaloriecooking.about.com/od/desserts/r/bakedpears.htm>

JAM CRUMBLE BARS

1 1/4 cups all-purpose unbleached flour
1/2 cup packed light brown sugar
1/4 teaspoon baking soda
1/4 teaspoon ground cinnamon
1/2 cup cold butter or margarine (1 stick), cut into 8 pieces
1/2 cup jam (raspberry, blackberry, or other fruit)
1/2 cup pecans, chopped

Preheat oven to 350 degrees F. In food processor with knife blade attached, process flour, brown sugar, baking soda, and cinnamon until blended. Add butter and process until mixture resembles coarse crumbs and, when pressed, holds together.

Remove 1/2 cup dough to small bowl and stir in pecans.

Press remaining dough firmly into bottom of ungreased 9" by 9" metal baking pan. spread with jam up to 1/4 inch from edges. With fingers, crumble reserved nut mixture over jam. Bake 40 to 45 minutes, until browned at edges and on top. Cool completely in pan on wire rack. When cool, cut into 4 strips; then cut each strip crosswise into 4 pieces.

Calories: 150

<http://www.thedailygreen.com/healthy-eating/recipes/6168>

WINTER FRUIT SALAD

4 seedless oranges,peeled
3 pink grapefruits,peeled
1 pineapple, peeled, quartered, cored and sliced
2 star fruit, sliced
1 pomegranate, cut in half and seeds removed

Remove white pith from oranges and grapefruits; quarter the fruit lengthwise and cut into 1/4-inch slices. Place in a large bowl and toss with pineapple, star fruit and pomegranate seeds.

Per serving: 110 calories

http://www.eatingwell.com/recipes/winter_fruit_salad.html

BANANA-CINNAMON FROZEN YOGURT

2 small bananas
1 teaspoon lemon juice
1/2 teaspoon ground cinnamon
1 pint nonfat vanilla frozen yogurt, softened (see Tip)

Mash together bananas, lemon juice and cinnamon. Add frozen yogurt and mix well with a whisk. Scoop into 4 dessert dishes, cover and freeze until firm, about 30 minutes.

Tip: To soften frozen yogurt: Microwave on Medium-Low for 30 to 60 seconds or place in the refrigerator for 10 to 20 minutes.

Per serving: 126 calories

http://www.eatingwell.com/recipes/banana_cinnamon_frozen_yogurt.html

CHERRIES WITH RICOTTA & TOASTED ALMONDS

3/4 cup frozen pitted cherries
2 tablespoons part-skim ricotta
1 tablespoon toasted slivered almonds

Heat cherries in the microwave on High until warm, 1 to 2 minutes. Top the cherries with ricotta and almonds.

Healthy Heart Variation: To reduce saturated fat even further, use nonfat ricotta in place of the reduced-fat ricotta.

Per serving: 150 calories

http://www.eatingwell.com/recipes/cherries_with_ricotta_toasted_almonds.html

CHOCOLATE & BANANA

1 tablespoon semisweet chocolate chips
1/2 banana, thinly sliced
1 tablespoon nonfat vanilla yogurt

Melt chocolate chips in a small bowl in the microwave. Top banana slices with the chocolate and yogurt.

Per serving: 117 calories

http://www.eatingwell.com/recipes/chocolate_banana.html

PAPAYA SMOOTHIE

1 papaya, peeled, seeded and coarsely chopped (1 1/4 cups)
3/4 cup bottled fruit nectar, such as papaya, mango or peach
1/2 cup buttermilk, (see Tip)
2 1/2 tablespoons sugar, preferably superfine
2 tablespoons fresh lime juice
5 ice cubes

Combine all ingredients in a blender; cover and blend until very smooth and frothy.
Pour into 2 tall glasses and serve.

Tip: No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk”: the ratio is 1 tablespoon lemon juice or vinegar to 1 cup milk.

Per serving: 176 calories

http://www.eatingwell.com/recipes/papaya_smoothie.html

PEACH FROZEN YOGURT

3 1/2 cups coarsely chopped frozen peaches (about 16 ounces)
1/2 cup sugar, preferably superfine (see Note)
1/2 cup nonfat plain yogurt
1 tablespoon lemon juice

Combine peaches and sugar in a food processor; pulse until coarsely chopped.
Combine yogurt and lemon juice in a measuring cup; with the machine on, gradually pour the mixture through the feed tube. Process until smooth and creamy, scraping down the sides once or twice. Serve immediately.

Note: Superfine sugar dissolves instantly, preventing a grainy texture in cold desserts and beverages. It is available in the baking section of most supermarkets, but if you can't find it, simply process regular granulated sugar in a food processor or a clean coffee grinder until ground very fine.

Per serving: 159 calories

http://www.eatingwell.com/recipes/instant_peach_frozen_yogurt.html

APPLE AND CHEDDAR
(Vegetarian option)

1 small apple, sliced
1 oz. sliced cheddar cheese

Combine and enjoy!

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-03-snack-apple-cheddar_N.htm

HUMMUS HEADS
(Vegetarian option)

2 romaine lettuce leaves, cut into very thin strips
1/4 cup bottled roasted red pepper strips, drained
8 cherry tomatoes, halved
4 pitted black olives, sliced
1 Kirby cucumber, sliced
2 whole-wheat English muffins, split in half and toasted
1/2 cup hummus

Place the lettuce, red pepper strips, tomatoes, olives and cucumber slices in piles on a plate. Spread the English muffins with the hummus, then use the vegetables to make funny faces on them: lettuce or pepper strips can be hair, tomato or olives can be eyes, cucumber slices can be ears -- use your imagination, adding any vegetables you like, and have fun.

In addition to decorating their own sandwiches, kids can use plastic knives to halve the cherry tomatoes and slice the black olives.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-07-05-family-fitness-hummus-recipes_N.htm

MAPLE YOGURT
(Vegetarian option)

1 container (6 oz.) low-fat, plain, Greek-style yogurt
1 Tbsp. maple syrup

Mix yogurt with maple syrup.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-03-snack-maple-yogurt_N.htm

MELTED CHEESE TORTILLA
(Vegetarian option)

1 small whole-grain tortilla
2 Tbsp. melted low-fat shredded cheddar cheese
1 Tbsp. salsa

Combine and enjoy!

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-03-snack-cheese-tortilla_N.htm

CORN CHIPS AND SALSA VERDE
(Vegetarian option)

10 corn chips
2 Tbsp. jarred green salsa

Yep, it's that easy. Enjoy!

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-03-snack-chips_N.htm

PEANUT BUTTER AND CELERY
(Vegetarian option)

1 1/2 Tbsp. peanut butter
4 celery stalks

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-05-snack-pb-celery_N.htm

COOKIES AND MILK

2 whole grain fig cookies
1 cup of skim milk or low-fat soy milk

Dunk and enjoy!

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-04-snack-milk-cookies_N.htm

CHOCOLATE PUDDING

Fat-free chocolate pudding (4 ounces)
1 Tbsp chopped peanuts

Sprinkle nuts on top of a pudding cup for added texture.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-04-snack-chocolate-pudding_N.htm

FRUIT AND NUTS

1 cup red grapes
1/2 ounce (11) almonds

Serve grapes with almonds.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-05-snack-fruit-nuts_N.htm

COTTAGE CHEESE AND FRUIT

4 oz. cottage cheese
4 oz. no-sugar added pineapple

Feel free to substitute another favorite fruit for the pineapple.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-05-fruit-cottage-cheese_N.htm

CHIVE SPREAD ON WHOLE-GRAIN CRACKERS (Vegetarian option)

1/4 cup low-fat cottage cheese
1 Tbsp. fresh chopped chives
6 whole-grain crackers (such as Triscuits)

Mix chives with cottage cheese. Spread cheese mixture on crackers.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-03-snack-chive-crackers_N.htm

STRAWBERRY YOGURT PARFAIT
(Vegetarian option)

1 cup quartered strawberries
6 ounces low-fat vanilla yogurt

Mix strawberries and yogurt together.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-05-snack-strawberry-parfait_N.htm

PIZZA POPCORN
(Vegetarian option)

100-calorie pack of microwave popcorn
2 Tbsp. grated Parmesan cheese
1 tsp. oregano

Pop popcorn in microwave. Empty into medium bowl and top with oregano and cheese.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-06-snack-pizza-popcorn_N.htm

HONEY CURRY DIP WITH CARROTS
(Vegetarian option)

1/3 cup low-fat plain yogurt
1 tsp. honey
1/2 tsp. curry powder
1 cup baby carrots

Stir yogurt with honey and curry. Dip carrots.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-03-snack-carrot-dip_N.htm

BALSAMIC STRAWBERRIES ROMANOFF
(Vegetarian option)

1 cup strawberries, sliced
2 Tbsp. low-fat sour cream
1 Tbsp. brown sugar
1 tsp. balsamic vinegar

Mix sour cream, brown sugar and vinegar together. Put sliced strawberries in a cup and top with balsamic mixture.

(Total: 150 calories)

http://www.usatoday.com/news/health/weightloss/2010-01-03-snack-strawberries_N.htm

BANANA MILKSHAKE

1/2 banana, sliced
6 oz skim milk
1 tsp vanilla extract
1 tsp cinnamon
1/3 cup ice, crushed

Chop half a banana into slices, place in plastic baggy and freeze overnight. (Do the same with the other half and save for future shake. Trust me, there will be a future shake.) Gather ingredients. Place half banana (now chopped and frozen) into blender. Add 1/3 cup ice, 6 ounces of skim milk and 1 teaspoon of vanilla extract. Blend until smooth. (Optional: Add 1 packet of Splenda for extra sweetness)

Pour mix into tall glass. Sprinkle about 1 teaspoon of ground cinnamon on shake.

Drink it. God loves you and this is proof.

(Total: 128 calories)

<http://caloriecount.about.com/banana-milkshake-recipe-r3022>

FROZEN PEANUT BUTTER BALLS

2 cups chunky peanut butter
2 scoops whey
2 medium bananas
2 tbsp flax

Mash really ripe bananas, flax, peanut butter, and whey. Form into balls, separate with parchment. Place in freezer for several hours. Package individually once frozen.

(157 calories per serve)

<http://caloriecount.about.com/frozen-peanut-butter-balls-recipe-r34869>

BAKED FRENCH FRIES

3 russet potatoes, sliced into 1/4 inch strips
1 cooking spray
1 teaspoon dried basil
1/4 cup grated Parmesan cheese
1 salt and pepper to taste

Preheat oven to 400 degrees F. Spray a medium baking sheet with cooking spray. Arrange potato strips in a single layer on baking sheet, skin sides down. Spray lightly with cooking spray, and sprinkle with basil, Parmesan cheese, salt and pepper. Bake 25 minutes or until golden brown.

(Total: 140 calories per serve)

<http://caloriecount.about.com/baked-french-fries-recipe-r39546>

TOMATO & BASIL PITA PIZZAS

2 whole wheat (6") pita rounds
1 tomato, cut into thin slices
64 grams Polly O FAT FREE Ricotta Cheese
1/8 c basil (about 8 fresh leaves cut into slices)

Preheat oven to 350. Slice tomato & basil, divide and set aside. Top Pitas with Ricotta Cheese (1/8 c on each pita round). Then Top with tomatos and basil.
Pop in the oven and cook until it's to your liking!

(Total: 199 calories per serve)

<http://caloriecount.about.com/tomato-basil-pita-pizzas-recipe-r10149>

DELICIOUS PROTEIN PB CHOCOLATE COOKIE

1/4 serving protein powder
2 tbsp Egg Substitute
2 tbsp Cocoa, dry powder, unsweetened, HERSHEY'S
1/2 tsp Arrowhead Mills Calories in Organic Peanut Butter, Crunchy

Mix and Microwave for 30 seconds.

(Total: 101 calories)

<http://caloriecount.about.com/delicious-protein-pb-chocolate-cookie-recipe-r59098>

BERRY SMOOTHIE

40 g Strawberries
40 g Blueberries
40 g Raspberries
100 ml Orange juice

Mix ingredients together in a blender and serve!
Use more or less juice depending on taste and consistency

(Total: 104 calories)

<http://caloriecount.about.com/berry-smoothie-recipe-r63288>

PUMPKIN SPICE BISCUITS

1/2 c. brown rice flour
1/4 c. buckwheat flour
1 tsp salt
1 tbsp baking powder
1/4 cup pumpkin
1 t. vanilla
1 T. extra virgin olive oil
4 T. water
2 tbsp brown sugar (optional for sweet biscuits)

Preheat the oven to 400 degrees. Coat a large cookie sheet with nonstick spray. Combine all the dry ingredients in a large mixing bowl. Mix in pumpkin and water until a thick, pasty dough forms. Make biscuit-balls by rolling the dough into circles between your palms. Drop the biscuits onto the cookie sheet. Bake at 400 degrees for 10-12 minutes or until golden brown. Let cool.

(Total: 124 calories per serve)

<http://caloriecount.about.com/pumpkin-spice-biscuits-recipe-r64835>

BAKED POTATO CHIPS

1 large potato
1 cooking spray
3 tsp salt

Spray cookie sheets with cooking spray. Slice potato into thin slices. Arrange slices on cookie sheets. Spray with cooking oil. Bake for 25-30 minutes at 375 degrees. Sprinkle with salt

(Total: 145 calories per serve)

<http://caloriecount.about.com/baked-potato-chips-recipe-r48317>

YOGURT POPS

20 oz. can crushed pineapple, drained well
8 oz. tub Cool Whip lite, thawed
6 oz. non fat lemon yogurt
(don't substitute – you need the lemon flavor to bring some tang to the pie)
6 oz. non fat yogurt – any flavor

Mix all ingredients and place in ice pop molds and freeze at least 4 hours. These keep great for several weeks in the freezer. Just rinse the outside of the mold with a little hot water to release the pops.

(Total: 106 calories per serving)

<http://400caloriesorless.com/>

SPICY SHRIMP KEBABS

1/4 cup reduced-sodium soy sauce
1 tsp sesame oil
1 tsp brown sugar
1 garlic clove, minced
2 tsp freshly grated ginger
1 tsp chopped jalapeno pepper
4 scallions, finely chopped
1 pound medium shrimp, peeled, deveined

Combine soy sauce, sesame oil, sugar, garlic, ginger, jalapeno, scallions together in a glass bowl. Add shrimp and stir well. Cover and marinate for up to an hour. Pre-soak bamboo skewers in cold water. Preheat broiler or grill. Thread marinated shrimp on to skewers—4 or 5 per skewer, and broil or grill for 4-5 minutes, turning once. Serve as an appetizer or as an entree with whole grain rice and steamed vegetables.

(Total: 140 calories per serve)

<http://lowfatcooking.about.com/od/summer/r/spicyshrimpkeb.htm>

POACHED EGGS WITH ASPARAGUS

1 pound medium thickness asparagus
4 large eggs
Freshly ground black pepper

Trim woody ends off asparagus. Boil or steam asparagus for 4-5 minutes, until crisp yet tender. Drain and distribute among four plates. While asparagus is cooking, heat 2 inches of water to a simmer in a large skillet. Break eggs into separate shallow bowls or saucers. Carefully tip eggs into simmering water. Cover and turn off heat.

Leave eggs to cook in hot water for 4-5 minutes (for soft yolks).

Remove eggs carefully with a slotted spoon, allowing excess water to drain, and place one egg on top of each plate of asparagus.

Season with black pepper and serve immediately.

(Total: 105 calories per serve)

<http://lowfatcooking.about.com/od/vegetarianmaindishes/r/eggasparagus.htm>

MELON MANGO SOUP

1 3-4 pound ripe cantaloupe melon, rind removed, seeded and chopped (about 6 cups)
2 large mangoes, chopped (about 2 cups)
Juice of 2 small limes
1 tbsp minced ginger (optional)

Place half the melon and mango chunks in a blender with the lime juice and ginger. Puree until smooth. Pour into a large bowl. Puree other half of the fruit and add to the large bowl. Stir well. Chill for at least 2 hours. Garnish with fresh berries or sliced fruit.

Per Serving Calories 113

<http://lowfatcooking.about.com/od/appetizersandsnacks/r/melonmangosoup.htm>

STRAWBERRY BANANA PROTEIN SMOOTHIE

1/2 cup plain yogurt
1/3 oz dry egg white protein
1/2 small banana
1/2 cup whole strawberries
1/2 cup water
1 cup crushed ice
1 serving 1 packet Splenda

Put all ingredients in blender except ice and blend till smooth. If frozen fruit is used, you may not need much ice. Add crushed ice to desired thickness.
Also adjust sweetness to your taste.

Note: for fewer calories omit the yogurt and add 1/2 cup water in place of yogurt.
Still tastes great!

176 calories

<http://www.fatsecret.com/recipes/strawberry-banana-protein-smoothie/Default.aspx>

APPLE APRICOT DELIGHT

4 medium apples
1 1/2 cups halves dried apricots
1/4 cup soy milk

Peel and core the apples, then slice them into bite size pieces. Dice up the dried apricots. Place the apples and apricots into a medium saucepan on medium heat, stirring the fruit so that it does not stick to the pan. As the fruit begins to soften, add the soy milk and continue to stir until the apricots have begun to dissolve and the apples have softened.
Add more soy milk if there is not enough liquid.

Serve in individual dessert bowls with a splash of soy milk on top!

150 calories

<http://www.fatsecret.com/recipes/apple-apricot-delight/Default.aspx>

BANANA STRAWBERRY SMOOTHIE

1 small banana
6 medium strawberries
6 ice cubes
1 serving 1 packet sweetener
4 fl oz skim milk

Cut up banana. Put banana, strawberries, artificial sweetener, and milk into a blender.
Blend on medium speed for about 20 seconds.
Add ice cubes and blend (pulse or low speed) for another 30 - 40 seconds.

160 calories

<http://www.fatsecret.com/recipes/banana-strawberry-smoothie/Default.aspx>

BLACKBERRY BANANA ALMOND SMOOTHIE

1 cup low fat almond milk
1 large banana
6 oz blackberries

Blend all ingredients until smooth, decant and serve.

Note: you may also use frozen fruit to make it thicker.

132 calories

<http://www.fatsecret.com/recipes/blackberry-banana-almond-smoothie/Default.aspx>

BLUEBERRY SMOOTHIE

1 cup chocolate milk, lowfat
60 g vanilla whey powder
1 cup yogurt, lowfat
1 cup blueberries
1 cup ice cubes

Mix all ingredients in blender. Enjoy!

Note: I make a full batch of this at night, drink a glass for my snack before bed, then have enough for breakfast for me and my kids the next morning.

152 calories

<http://www.fatsecret.com/recipes/blueberry-smoothie/Default.aspx>

BROCCOLI AND CHEESE QUICHE

3/4 cup shredded mozzarella cheese
5 large eggs
3 slices 1 nlea serving ham
1 package broccoli
1 cup pieces or slices fresh mushrooms

Spray 8" x 10" pan with cooking spray. Layer pan with cooked chopped broccoli, mushrooms (steamed to remove excess), ham, and mozzarella cheese. Beat eggs with water and then pour in pan. Bake at 350 °F (175 °C) for 20-25 minutes.

130 calories

<http://www.fatsecret.com/recipes/broccoli-and-cheese-quiche/Default.aspx>

MIXED FRUIT YOGURT SMOOTHIE

1 container plain yogurt
1 medium apple
1 medium banana
1 cup blueberries
1 cup orange juice

Toss all ingredients in the blender. Add as much water or ice as you prefer. Blend to preferred consistency. Drink!

125 calories

<http://www.fatsecret.com/recipes/mixed-fruit-yogurt-smoothie/Default.aspx>

PEANUT BUTTER & CHOCOLATE COTTAGE CHEESE

1 packet Splenda
1/3 tbsp cocoa powder
1 tsp vanilla extract
1 tbsp smooth peanut butter
1/2 cup cottage cheese

In a dessert bowl, add all ingredients together and mix until evenly blended.

191 calories

<http://www.fatsecret.com/recipes/peanut-butter-and-chocolate-cottage-cheese/Default.aspx>

PUMPKIN TREAT II

8 oz Neufchatel cheese
1 tsp cinnamon
1 tbsp vanilla
15 oz pumpkin
6 servings 1 packet splenda

Using room temperature Neufchatel or cream cheese combine with pumpkin . Add vanilla, Splenda, seasoning and beat until smooth with a mixer. Refrigerate for at least 30 minutes to set. Serve cold with a tablespoon of fat free cool whip (optional).

133 calories

<http://www.fatsecret.com/recipes/pumpkin-treat-ii/Default.aspx>

SEA SALT EDAMAME

1 dash sea salt
100 g edamame

Cook edamame in microwave. Sprinkle salt over (sea salt is best).

Note: just eat the beans not the pods!

147 calories

<http://www.fatsecret.com/recipes/sea-salt-edamame/Default.aspx>

SPINACH GREEN ONION SALAD

3 cups frozen spinach
1 cup low fat cottage cheese
4 oz green onion

Combine drained frozen spinach, cottage cheese, and sliced green onions in a bowl and mix well.

Note: use only the white part of the onions, finely sliced, as this is the most flavorful and tender part.

157 calories

<http://www.fatsecret.com/recipes/spinach-green-onion-salad/Default.aspx>

STRAWBERRY-ALMOND SMOOTHIE

10 frozen whole strawberries
1 cup almond milk or low-fat milk
1/2 cup silken tofu (4 ounces)
2 tablespoons sugar

Combine strawberries, almond milk (or low-fat milk), tofu and sugar in a blender. Blend until frothy and smooth, about 1 minute. Pour into tall glasses and serve. Makes about 2 cups, for 2 servings.

<http://www.foodnetwork.com/healthy-eating/6-easy-smoothie-recipes/index.html>

MAPLE ALMOND GRANOLA

3 c Rolled Oats
3/4 c Almonds, dry roasted, chopped
1/3 c Coconut - shredded, unsweetened
1 c Kellogg's All-Bran Buds Cereal
1 Tsp Cinnamon, ground
1/2 c Brown Sugar
3/4 c Log Cabin Lite syrup
1 tsp maple flavoring

Mix all the dry ingredients (first 6) together in a bowl. Mix all the wet ingredients in a separate bowl. Mix the dry and wet together completely. Pour out onto two baking sheets lined with parchment paper. Bake at 250 degrees for 1 1/4 hour, stirring ever 15 minutes. Cool before storing.

Calories: 168.7

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1146668>

PARMESAN CHIPS

1/2 cup parmesan cheese, grated

Heat an 8" sauté pan over medium heat. Sprinkle half the cheese evenly in the pan forming a "pancake". Leave the "pancake" 2 to 3 minutes until melted and flip with a spatula. Brown the second side. Remove from pan to cutting board.

While still warm cut into triangles with a pizza cutter or sharp knife.

Repeat with remaining cheese.

<http://www.fatsecret.com/recipes/parmesan-chips/Default.aspx>

OATMEAL MUFFINS

2 large egg whites
1 tbsp cinnamon
1/2 tsp salt
1 tsp vanilla extract
1/2 cup applesauce
2 tsps baking powder
8 servings 1 packet sweetener (splenda)
2 1/4 cups oatmeal
3/4 cup skim milk

Preheat oven to 350 °F (175 °C). Spray muffin pan with non stick spray or line with cupcake liners. Mix oatmeal, salt, baking powder, cinnamon. Add remaining ingredients until it resembles slightly runny oatmeal.

Fill muffin cups 3/4 full. Bake 15-20 minutes until golden brown.

<http://www.fatsecret.com/recipes/oatmeal-muffins/Default.aspx>

BAKED YAM FRIES

1/2 tsp paprika
1/2 tsp salt
1 tbsp olive oil
1 lb yams

Preheat oven to 400 °F (200 °C). Peel yams and cut into large chunky french fry pieces. Drizzle with olive oil and spread out onto baking sheet. Sprinkle with paprika and salt (or just use seasoning salt). Bake for 15 minutes until lightly brown on the bottom. Turn and bake for another 5-10 minutes or until soft in the middle and crisp on the outside.

Serve in place of regular potato dishes.

Note: also really good as an appetizer with a yogurt-based dipping sauce!

<http://www.fatsecret.com/recipes/baked-yam-fries/Default.aspx>

EGGPLANT CHIPS

1/4 cup parmesan cheese, grated
1 tsp leaves italian seasoning
1 tsp garlic powder
1 tbsp olive oil
1 unpeeled eggplant, thinly sliced

Pre-heat oven to 375° F (190° C). Pour olive oil on cookie sheet and sprinkle with the garlic powder. Swoosh the cookie sheet around to mix and coat the sheet well.

Slice eggplant into about 1/4" or 1/8" thick rounds, depending on your taste and kitchen tools.

Place eggplant slices on cookie sheet. Rub each slice into the olive oil and garlic powder coated cookie sheet, then turn each slice over and rub around to coat the other side.

Sprinkle lightly with half of the Italian seasoning and parmesan cheese. Turn over gently and sprinkle remaining Italian seasoning and parmesan cheese on other side of rounds.

Bake for about 10 to 15 minutes, depending on thickness, on each side.

(Turn over when browned on the bottom).

Note: this is a recipe you really need to watch cooking to see how well it is browning. They are done when they look caramelized on each side.

<http://www.fatsecret.com/recipes/eggplant-chips/Default.aspx>

TACO MEATBALLS

2 large eggs
1 tsp black pepper
1 tbsp cayenne pepper
1 clove garlic
1 medium green onion, finely diced
1/4 cup chopped sweet red pepper
1 1/2 lbs extra lean ground beef
8 oz sharp cheddar cheese, reduced fat (1 block)

Preheat Oven to 425 °F (220 °C). Cut cheese into one inch cubes. Beat eggs and mix all ingredients, except the cheese together. Mold a tablespoon of meat around a cube of the cheese to form a small shaped meatball. Repeat with all of the meat.

Place on a cookie sheet with a lip on it. Sprayed with cooking spray.

Bake for 10 minutes or until done and cheese has melted.

Note: Instead of the spices add taco seasoning mix. Watch the sugar content!

<http://www.fatsecret.com/recipes/taco-meatballs/Default.aspx>

CRUNCHY ONION RINGS

1/2 cup Fiber One cereal
1/4 cup egg beaters
1 large onion

Pre-heat oven to 375° F (190° C). One by one, coat each ring in egg and then crumbs (give each ring a shake after the egg bath). Cut edges off onion, and remove outer layer.

Cut onion into 1/2 inch wide slices, and separate into rings.

Next, fill a small bowl (just large enough for onion rings to fit in) with egg beaters.

Using a blender or food processor, grind cereal to a breadcrumb-like consistency. Pour crumbs onto a small dish. Place on an oven-safe baking dish sprayed with non-stick spray. Cook for 20-25 minutes, flipping rings over about halfway through.

Note: based on recipe from hungry-girl.com.

<http://www.fatsecret.com/recipes/crunchy-onion-rings/Default.aspx>

TOASTED CHICKPEAS

1 dash salt
1 tsp olive oil
16 oz chickpeas (garbanzo beans)

Heat a medium skillet over medium heat. Add a small amount of olive oil (optional) to the skillet to help the toasting process. Rinse and drain the chickpeas. Add the chickpeas to the skillet. Heat on medium until dried/toasted. About 15 minutes. Season with salt or any other seasonings you may desire.

Note: great snack for Fat Smash.

<http://www.fatsecret.com/recipes/toasted-chickpeas/Default.aspx>

MANGO RASPBERRY SORBET

1/2 cup frozen mango
1/2 cup orange juice
1/2 cup frozen raspberries

Place frozen raspberries and frozen mangos in blender. Pour unsweetened orange juice over the mix. Blend on high speed until smooth. Place in a serving cup with a mint sprig if desired, and enjoy!

Note: It will be just as pleasingly sweet as commercial sorbet, but without added sugar.

TUNA PATTIES II

3 medium eggs
1 tbsp olive oil
1/4 cup cilantro
1 clove garlic, minced
1/2 cup chopped onion
1/2 cup chopped red pepper
1 can light tuna fish

Mix all the ingredients in a bowl (except for the olive oil). Make up tightly packed tuna patties. Fry in oil until ready. Enjoy!

<http://www.fatsecret.com/recipes/tuna-patties-ii/Default.aspx>

OATMEAL BANANA BAKES

1 large egg white
1/2 tsp cinnamon
1/4 tsp salt
1/4 cup slices apple chunks
1 medium ripe banana
12 servings 1 packet splenda
1 cup oatmeal

Mash ripe banana in a bowl. Add remaining ingredients and stir. Put on baking sheet, in cookie shapes and lightly flatten with a spoon. Bake at 350 °F (175 °C) for 9 minutes. Flip them after the 9 minutes, turn the oven off, and let them get a little crunchier in the still warm oven for 5 minutes.

<http://www.fatsecret.com/recipes/oatmeal-banana-bakes/Default.aspx>

BAKED SWEET PEARS

1/4 tsp cinnamon
2 medium pears
2 fl oz white wine
1/2 cup water
1 tbsp honey

Pre-heat oven to 350 °F (175 °C). Wash pears and set stem-side up in baking dish. In a small bowl combine honey, wine, water and cinnamon. Pour mixture into baking dish with pears. Bake for 45 minutes to an hour, basting every 15 or 20 minutes. Let cool for 15 minutes. To serve, spoon a bit of the honey mixture over each pear and enjoy the sweet goodness!

Note: That actual calories will be lower because a lot of the marinade stays in the baking dish.

<http://www.fatsecret.com/recipes/baked-sweet-pears/Default.aspx>

MAGICAL PEANUT BUTTER COOKIES

1 large egg
2 tsps vanilla extract
1 cup peanut butter
5 oz splenda (baking)

Mix all ingredients together well. Form into 18 balls and bake 10-15 minutes at 350° F (175° C).

Note: Recipe featured on a show by Paula Deen.

<http://www.fatsecret.com/recipes/magical-peanut-butter-cookies/Default.aspx>

SAUSAGE CHEESE BALLS

1 cup shredded cheddar cheese
16 oz pork sausage

Preheat oven to 400 °F (200 °C). With hands, combine sausage and cheese.
Bake in oven until browned.

Note: Serving size will change depending on how big you make the balls.

<http://www.fatsecret.com/recipes/sausage-cheese-balls/Default.aspx>

SPINACH PATTIES

2 tbsps parmesan cheese
2 large egg whites
1 package spinach

Drain spinach really well. You can use a potato ricer. Put all ingredients in a bowl and mix well. Spray skillet with cooking spray (such as Pam) or olive oil.
Flatten the spinach mix in the pan. Cook for 8-10 minutes on medium heat.
If needed, garnish with low fat ranch dressing.

<http://www.fatsecret.com/recipes/spinach-patties/Default.aspx>

CHEDDAR MUFFINS

2 large eggs
1/2 tsp salt
2 tbsps olive oil
1 tbsp dry ranch seasoning mix
2 tsps baking powder, low sodium
1 cup whole wheat flour
4 oz cheddar cheese, low fat
1/2 cup skim milk

Combine the olive oil, eggs, and milk in a medium sized bowl.
In a separate bowl combine the flour, baking powder, salt, and dry Ranch dressing seasoning mix. Mix the dry ingredients together and add to the wet mixture. Set aside.
Cut the cheddar cheese into small cubes. Generously spray muffin tins with Pam.

Put a tablespoon of batter into the bottom of the muffin tins.
Put several cheese cubes on top of the batter and then cover the cheese cubes with another tablespoon of batter. Bake at 400° F (200° C) for 15 to 20 minutes.

From the Low Carb Creations Vol 4 Cook Book.

<http://www.fatsecret.com/recipes/cheddar-muffins/Default.aspx>

EGG SALAD

1 large egg
4 large egg whites
1 tsp onion powder
1 dash pepper
1 dash salt
2 stalks medium celery
2 tbsps mayonnaise, low fat

Place eggs in a saucepan. Fill with water until eggs are completely submerged.
Heat over medium flame until water boils. Lower to low flame and simmer about 15 minutes. Chop celery. Remove egg from pan and run under cold water to cool. Peel. Discard 4 yolks. Chop the egg whites and the remaining yolk and place in a mixing bowl. Stir in the mayonnaise, celery, onion powder, and add salt and pepper to taste. Mix well. Serve.

<http://www.fatsecret.com/recipes/egg-salad/Default.aspx>

SWEET POTATO STICKS

1 tsp olive oil
1/4 tsp ginger
1 5" long sweet potato

Preheat oven to 400 °F (200 °C). Lightly grease a baking sheet. Slice potato in half, then slice lengthwise into sticks. In a large bowl, mix olive oil and ginger. Add potato sticks, and stir by hand to coat. Place on the prepared baking sheet.
Bake 40 minutes in the preheated oven.

<http://www.fatsecret.com/recipes/sweet-potato-sticks/Default.aspx>

STRAWBERRY WAFFLECAKES

4 round whole grain or wheat waffles
2 cups sliced strawberries
1/2 cup low fat frozen whipped topping

Toast the waffles according to package directions. Place one waffle on each of 4 plates and mound 1/2 cup strawberries on top. Spoon 2 tablespoons whipped topping over each and serve.

<http://www.fatsecret.com/recipes/strawberry-wafflecakes/Default.aspx>

OVEN ROASTED POTATOES

1 tsp leaves oregano
1 tbsp parsley
1 dash salt
1 tbsp olive oil
4 medium potatoes

Wash potatoes and cut into smaller than 1" cubes. Mix olive oil and spices. Spray baking dish with cooking spray like Pam. Place potatoes into baking dish and pour oil mixture over potatoes. Stir well.
Bake at 400° F (200° C) for approximately 30 minutes or until potatoes are nicely brown.

Note: for less cook time, pre-cook the potatoes in the microwave for 2 - 3 minutes before placing in the oven.

Note: other variations include, sprinkle potatoes with any type of cheese before serving or add onions and/or red and green peppers for flavor.

<http://www.fatsecret.com/recipes/oven-roasted-potatoes/Default.aspx>

BLACK BEAN BROWNIES

4 medium eggs
1 tsp vanilla
2 tbsps olive oil
14 oz canned black beans
1 tsp baking powder
3 tbsps cocoa
1 cup Splenda

Blend all ingredients in blender until smooth. Pour in greased 8 x 8" pan.
Bake for 30 minutes at 350 °F (175 °C). Enjoy!

<http://www.fatsecret.com/recipes/black-bean-brownies/Default.aspx>

SODA CUPCAKES

3 large egg whites
10 fl oz diet soda
1 package chocolate cake mix

In a large mixing bowl, combine the cake mix, egg whites and the diet soda. Mix until smooth. Take a cupcake pan, and either use cup cake papers or cooking spray (like Pam) so the cupcakes don't stick to the pan. Fill each cupcake tin to about 3/4 full. Bake for about 15 minutes. Cup cakes are done when the middle of the cup cakes are poked with a knife and the knife comes out clean. Enjoy!

<http://www.fatsecret.com/recipes/soda-cupcakes/Default.aspx>

CHUNKY POTATO FRENCH FRIES

1 tsp sunflower oil spray
2 cubes beef stock
600 g potatoes, chipped
24 fl oz boiled water

Slice up unpeeled potatoes into half-moon shaped pieces and add to pan.
Crumble 2 beef stock cubes onto potatoes and add water to cover.
Simmer potatoes for about 10 minutes, until they start to soften, then drain.

Place drained potatoes onto a baking tray and spray with sunflower oil (low calorie) or similar type spray. About 5 or 6 squirts should be enough to cover.
Heat oven to 375° F (200° C) and bake for about 30 minutes, until golden, turning half way through.

Tip: you can retain the liquid that the potatoes were boiled in to use as a basis for soup.
I use to make a carrot and onion soup.

<http://www.fatsecret.com/recipes/chunky-potato-french-fries/Default.aspx>

HAM ROLL UPS

1 tbsp cream cheese
1 slice ham
1 spear pickle

Spread cream cheese on ham slice. Tightly roll the pickle spear and eat immediately or secure with toothpick for later.

Note: Look at packages for the best low carbs, like the cream cheese.

<http://www.fatsecret.com/recipes/ham-roll-ups/Default.aspx>

GRILLED ZUCCHINI WITH CHEESE

1 tsp season salt
4 large zucchini, 8-10" long
8 oz reduced fat cheese, finely grated

Preheat broiler and put rack into middle position. Wash zucchini and cut off ends. Cut into crosswise slices about 3/8 inches wide. It's important that all zucchini are equal size and slices are same width. Spray a large round or rectangular baking sheet with non-stick spray. Cover baking sheet completely with zucchini rounds, putting them as close together as possible. Sprinkle zucchini with season salt, and any other seasonings desired. Completely cover top of zucchini with grated cheese. Broil until cheese is browned and zucchini is barely tender, about 5-7 minutes. Serve immediately.

<http://www.fatsecret.com/recipes/grilled-zucchini-with-cheese/Default.aspx>

ALMOST CHEESECAKE

1 oz fat free strawberry cream cheese
10 blueberries
1 large rectangular piece or 2 squares or
4 small rectangular pieces serving graham cracker
1 tbsp honey

Take graham cracker and spread 1/2 tbs fat free strawberry cream cheese.
Top with blueberries and a drizzle of honey. Enjoy!

<http://www.fatsecret.com/recipes/almost-cheesecake/Default.aspx>

ROASTED CHICKPEAS

14 oz chickpeas, rinsed and drained

Pre-heat oven to 350 °F (175 °C). Spread chickpeas on ungreased baking sheet in single layer. Bake 50 minutes, or until browned and crisp enough to rattle.

Note: based on recipe from South Beach Cookbook.

<http://www.fatsecret.com/recipes/roasted-chickpeas/Default.aspx>

EGG CREPES II

6 large eggs
1/4 tbsp butter
1 dash pepper
1 dash salt

Lightly beat the eggs in a bowl and season with salt and pepper. Heat a crepe or omelet pan over medium to medium-high heat and lightly coat the bottom and sides with butter.

Using a ladle, put enough egg in the pan to make a thin coating. When the eggs set, lift up with spatula and turn, try not to tear them. Cook one more minute on that side, then slide the crepe onto a dish. Continue making the rest. Enjoy!

Note: great when filled with my Ground Beef Filling and topped with my Creamy Parmesan Sauce.

<http://www.fatsecret.com/recipes/egg-crepes-ii/Default.aspx>

GARDEN VEGETABLE STACKER

6 oz mozzarella cheese, skim
6 leaves basil
1/3 cup zesty italian dressing, fat free
1/2 cup slices cucumber
6 slices, thin red onion
2 large whole tomatoes

Cut both large tomatoes into 6 slices of tomato each. Place the 6 of the tomato slices separately on a plate and top each with a cheese slice. Drizzle with half of the Italian dressing. Then top each one with an onion slice, 2 cucumber slices and the second tomato slice. Drizzle the rest of the dressing over the 6 stackers and top each one with a basil leaf.

<http://www.fatsecret.com/recipes/garden-vegetable-stacker/Default.aspx>

TURKEY AND VEGETABLE CHILI

1 tbsp chili powder
1 lb ground turkey
1 1/2 cups beef broth
1 large onion, diced
1 1/2 cups chopped green peppers
1 1/2 cups sliced yellow squash, diced
2 cans diced tomatoes
2 cups black beans

Sauté turkey in a pot. Add all remaining ingredients. Cook for 1 or more hours until vegetables are done or longer for more flavor.

Note: add any vegetables you like and it also freezes well.

<http://www.fatsecret.com/recipes/turkey-and-vegetable-chili/Default.aspx>

APPLE AND PEAR COMPOTE

8 medium apples
4 medium pears
1 fl oz water

Peel the apples and pears. Add a very small amount of water to a saucepan.
Cook in saucepan till soft. Puree till smooth. Serve chilled.

<http://www.fatsecret.com/recipes/apple-and-pear-compote/Default.aspx>

CINNAMON TOAST

1 tsp cinnamon
1 slice whole wheat bread
1 tsp sweetener
1/2 tbsp butter spray, reduced calorie

Toast a slice of whole wheat or low calorie bread. Spray with any brand of spray butter.
Mix together cinnamon and sweetener (like Equal or Splenda).
Sprinkle cinnamon mixture over toast.

<http://www.fatsecret.com/recipes/cinnamon-toast/Default.aspx>

FROZEN SLICED BANANAS

1 large banana

Slice banana into 1/4" slices. Arrange banana slices onto a plate covered in plastic wrap.
Make sure none of the slices are overlapping. Put plate in freezer until frozen.
(I usually do this in the AM and by lunch they're frozen).
Peel banana slices from the plastic wrap. Eat immediately.

<http://www.fatsecret.com/recipes/frozen-sliced-bananas/Default.aspx>

CHICKEN PILLOWS

16 reduced fat crescent rolls
1 package chicken flavor stuffing
8 oz low fat neufchatel cream cheese
16 oz boneless shredded chicken
2 medium green onions

In large bowl mix cream cheese, green onion, chicken. Add seasoning salt to taste.
Put 1 spoonful in center of each crescent roll. Roll up and pinch edges to seal.
Spray each "pillow" with non-stick cooking spray. Roll in stuffing to coat.
Place on cookie sheet and bake at 375 °F (190 °C) for 15-20 minutes.

<http://www.fatsecret.com/recipes/chicken-pillows/Default.aspx>

RICOTTA DELIGHT

1/2 cup low fat ricotta cheese
1 tbsp cocoa powder
1 serving 1 packet splenda

Mix all ingredients and serve.

Not : Instead of cocoa powder, you can substitute a teaspoon of any extract.

<http://www.fatsecret.com/recipes/ricotta-delight/Default.aspx>

MAPLE BANANA BREAD

2 large egg
1 tsp salt
1 tsp vanilla extract
2 large banana
1 tsp baking soda
1/2 cup sugar
1 tbsp maple syrup
2 cups flour

Mash bananas with maple syrup and vanilla. Mix dry ingredients in large bowl.
Mix all together and place in oiled bread pan. Bake at 350 °F (175 °C) for
one hour. Turn out and allow to cool.

<http://www.fatsecret.com/recipes/maple-banana-bread/Default.aspx>

GARLIC ARTICHOKE

1/4 cup butter
1 tsp salt
4 medium artichoke
2 cloves garlic

Wash artichokes under cold running water. Cut off stems at base and remove small
bottom leaves. Stand artichokes upright in deep saucepan large enough to hold snugly.

Add salt and three to four inches boiling water.

Cover and boil gently 45 to 60 minutes or until base can be pierced easily with fork.

Turn artichokes upside down to drain and cool for ten minutes.

Mince garlic and add to saucepan along with butter. Heat until melted.

To eat, pluck leaves and dip in butter, eating "the meat" off the leaf.

Work your way to the center, or heart.

Take a fork and scrape off the prickles, then slice up heart and dip in butter or save it,
if you can resist, to slice up for salads the next day.

<http://www.fatsecret.com/recipes/garlic-artichoke/Default.aspx>

STRAWBERRY DELIGHT

3 medium bananas, cut in chunks
2 pints as purchased, yields strawberries, cut in chunks
2 angelfood cake
7 oz fat free vanilla pudding
16 oz low fat frozen whipped cream

Mix your pudding per package directions. Add whipped cream to pudding mixture and
blend well. Layer in a large bowl, cake, pudding mix, strawberries and bananas until
used up. Top with remaining strawberries for desired appearance. Serve cold.

<http://www.fatsecret.com/recipes/strawberry-delight/Default.aspx>

TUNA RICE BALLS

6 tbsp rice vinegar
1 tsp sugar
1 medium bell pepper
1 can tuna
1 dash salt
1 tbsp mayo
3/4 avocado
9 tbsps sesame seeds
2 cups white rice

Cook rice then add vinegar sugar and salt. Cut everything up and mix. Create half balls fill with mixture then make other half of ball. Roll in sesame seeds.

<http://www.fatsecret.com/recipes/tuna-rice-balls/Default.aspx>

ROSEMARY CHIPS

2 tbsps rosemary
1 tbsp kosher salt
1 tbsp olive oil
3 flour wraps

Take tortillas out of the package and put them on a cutting board. Put a small amount of extra virgin olive oil on top and brush it with a pastry brush or the back of a spoon.

Sprinkle some salt and dried rosemary on the top.

Repeat with the next two tortillas, putting them on top of each other.

Cut in half, then in half again, and half again, till you have 8 "pizza slices."

Put in a 350 °F (175 °C) pre-heated oven until golden brown making sure not to over cook - just a few minutes. Take out and let cool.

Put in ziplock bags for storage or eat right away with some hummus or whatever spread you like.

<http://www.fatsecret.com/recipes/rosemary-chips/Default.aspx>

STUFFED CELERY WITH CHEESE AND ALMONDS

1 oz Swiss cheese
1 stalk large celery
4 almonds, chopped

Soften Swiss cheese (like Laughing Cow Light) with fork. Add chopped nuts or any kind of nuts you like to cheese and mix well. Spread mixture on celery stalk. Enjoy.

<http://www.fatsecret.com/recipes/stuffed-celery-with-cheese-and-almonds/Default.aspx>

TORTILLA CHIPS (LOW SODIUM)

1/4 tsp ground cumin
1/4 tsp garlic powder
1/4 tsp onion powder
1/4 tsp paprika
1/8 tsp cayenne pepper
4 medium corn tortillas
1/2 tsp unpacked brown sugar

In a small bowl, combine all the ingredients except the tortillas. Stack the tortillas. Cut into six wedges. Arrange tortilla wedges in a single layer on a baking sheet coated with non-stick cooking spray. Spritz the wedges with non-stick cooking spray.

Combine seasonings and spray with seasoning mix.

Bake at 375° F (190° C) for 9-10 minutes or until lightly browned. Cool for 5 minutes.

[http://www.fatsecret.com/recipes/tortilla-chips-\(low-sodium\)/Default.aspx](http://www.fatsecret.com/recipes/tortilla-chips-(low-sodium)/Default.aspx)

CHOCOLATE RAISIN OATMEAL COOKIES

1 large egg
1 stick butter
1/2 tsp cinnamon
1/2 tsp vanilla
1/4 cup raisins
1/2 tsp baking soda
1/4 cup chips chocolate chips
1/2 cup unpacked brown sugar
1/4 cup granulated sugar
1 1/2 cups oats
3/4 cup flour

Mix all ingredients together. Put on cookie sheet, one tablespoon dough makes one cookie. Bake at 350 °F (175 °C) for 8-12 minutes.

<http://www.fatsecret.com/recipes/chocolate-raisin-oatmeal-cookies/Default.aspx>

WATERMELON SHERBET

1/2 cup sugar
2 cups diced watermelon
1/3 cup cranberry juice cocktail
1 package gelatin, unflavored

Place watermelon in a blender or food processor. Cover and blend until smooth. Stir in sugar. In a small saucepan, combine gelatin and cranberry juice. Let stand for 5 minutes. Stir mixture over low heat until gelatin is dissolved.

Pour and stir the gelatin mixture into the melon mixture.

Pour into an 8 x 8 x 2" baking pan. Cover and freeze for 2 hours or until firm. Break up frozen mixture and place in a chilled mixer bowl. Beat with an electric mixer on medium to high speed or until mixture is fluffy. Return to pan. Cover and freeze for 6 hours or until firm.

<http://www.fatsecret.com/recipes/watermelon-sherbet/Default.aspx>

BAKED VEGETABLES IN ROSEMARY, THYME & OLIVE OIL

0.2 tsp ground ginger, pinch on summer squash
1 dash ground pepper
1 1/2 tsps rosemary
0.3 tsp leaves tarragon, pinch
1 tsp leaves thyme
1 dash sea salt
1 tbsp olive oil
8 spears broccoli
1 head small cauliflower
6 cloves garlic
6 medium whole mushrooms
1 cup sliced summer squash
1 5" long sweet potato, cut into long slices

Spray sheet or tray with cooking oil like Pam, then dribble a few drops of olive oil on top.
Slice vegetables to your liking, then lay flat on tray(s). Bring on the spices.
Bake at 375 °F (190 °C) for 10 minutes, turn over, bake another 10 minutes.
Eat and enjoy!

<http://www.fatsecret.com/recipes/baked-vegetables-in-rosemary-thyme-and-olive-oil/Default.aspx>

CHOCOLATE CHIP SCONES

5 tbsps butter
1/2 tsp salt
1/3 cup orange juice
2 tsps baking powder
1/2 cup mini chips chocolate chips
1/3 serving packet sugar
1 3/4 cups flour

Whisk together flour, sugar, baking powder and salt. Cut in butter.

Stir in orange juice and chocolate chips.

Roll into a 9" circle (approx. 1/2" thick). Then cut into about 10 triangles.

Place on greased baking sheet. Bake at 400° F (200° C) for approximately 12 minutes.

Note: instead of using chocolate chips and orange juice, you could make them plain or with raisins and apple juice, or cranberries and orange juice.

<http://www.fatsecret.com/recipes/chocolate-chip-scones/Default.aspx>

HAM WRAP

2 slices colby cheese, low fat
3 slices 1 nlea serving extra lean ham
1 leaf medium lettuce
3 slices, medium tomato

Wash lettuce and pull off a medium size leaf. Put the 3 slices of ham on the leaf of lettuce. Place cheese on top of the ham. Cut up tomatoes and put on top of cheese.

Wrap up all ingredients in leaf. Enjoy!

<http://www.fatsecret.com/recipes/ham-wrap/Default.aspx>

OATMEAL BACON COOKIES

1 cup butter, salted
3 tps ground cinnamon
1 tsp vanilla extract
8 oz real bacon bits
1 tsp baking soda
1 cup packed brown sugar
1/4 cup granulated sugar
3 tbsps maple syrup
3 cups rolled oats, quick cooking
1 cup all purpose flour

Pre-heat oven to 350 °F (175 °C). In a saucepan, melt butter over low heat. Remove from heat and mix in both types of sugar and egg. Then stir in maple syrup and vanilla.

In a large bowl, sift together flour, baking soda and cinnamon.

Add liquid mixture to flour mixture and mix well. Finally, stir in rolled oats and bacon bits. Dough will be thick. Refrigerate the dough for 10-15 minutes before scooping.

Scoop tablespoon-sized balls of cookie dough on to a non-stick

baking sheet about 2" apart. Bake until golden brown, about 12 minutes.

Remove from oven and let sit for a minute or two on baking sheet to firm up. Transfer cookies to a wire rack and let cool completely before storing in an airtight container.

<http://www.fatsecret.com/recipes/oatmeal-bacon-cookies/Default.aspx>

FRUIT GRANITA

1 cup halves strawberries
4 cups water
1 cup sugar

Chop and crush the fruit in a blender or food processor. Heat the sugar in two cups of water over medium-low flame for a few minutes, until the mixture is completely liquid and the sugar dissolved. Remove from heat and place into a bowl. Allow to cool.

Add the remaining water and the crushed fruit to the sugar-water mixture.

Freeze for about forty minutes, then remove to thoroughly mix the granita with a large fork or other heavy utensil. Continue to remove it to quickly mix it and replace it in the freezer for further freezing every twenty minutes. The preparation phase should require about two hours, depending on the temperature in the freezer.

<http://www.fatsecret.com/recipes/fruit-granita-/Default.aspx>

HERBED SALMON SPREAD

1 cup yogurt plain, low fat
1/4 tsp dill weed
1/4 tsp leaves thyme, dried
1/8 tsp salt
1 tbsp mayonnaise
1 wedge yields lemon juice, (1/2 tsp)
1 tbsp green onion, minced
1 tbsp parsley, minced
12 oz salmon

Spoon yogurt onto several layers of paper towels. Spread yogurt evenly to 1/2" thickness. Cover yogurt with more paper towels. Let stand 5 minutes. With rubber spatula, scoop yogurt into medium bowl. Add salmon and remaining ingredients except lemon and parsley. Stir well. Cover and chill. Garnish with fresh parsley and lemon slice, if desired. Spread on cucumbers.

<http://www.fatsecret.com/recipes/herbed-salmon-spread/Default.aspx>

MELTED CHEESE ON PRETZELS

1 cup shredded colby cheese
1 oz hard salted pretzels

Use hard bite sized salted pretzels. Take shredded colby and monterey cheese and spread over about 15 pretzels. Heat for 20 seconds in microwave or until cheese is melted.

<http://www.fatsecret.com/recipes/melted-cheese-on-pretzels/Default.aspx>

PEANUT BUTTER MARSHMALLOW POPCORN BALLS

1/4 cup butter
2 tbsps peanut butter
6 cups popcorn
250 g jet puffed marshmallows

Place 3/4 of the butter and all peanut butter in a pot. Allow to melt over a low heat so that the bottom of the pan is coated. Add the marshmallows to the pot. Keep at a low heat, stirring frequently to make sure that the mixture does not burn.

Pop the popcorn in an air popper to yield 6 cups. Once the marshmallow mixture is completely smooth, pour over the popcorn. Mix thoroughly. Allow to cool for 5 minutes or you will burn your hands! Grease hands with the leftover butter.

Form the popcorn into 12 balls by rolling the popcorn in your hands.

Let cool for a few minutes then place in an airtight container.

<http://www.fatsecret.com/recipes/peanut-butter-marshmallow-popcorn-balls/Default.aspx>

GLUTEN FREE PEANUT BUTTER COOKIES

1 large egg
1/4 cup butter, melted
1 tsp salt
1 oz pecan nuts
1 cup all natural peanut butter
1/2 tsp baking soda
1/4 cup packed brown sugar
1/8 cup arrowroot flour
0.38 cup brown rice flour

Add sugar to melted butter. Stir until smooth. Let cool in the fridge back to room temperature before adding egg (we don't want it to scramble). Mix in a beaten egg. Cream in the peanut butter.

Mix together the salt, rice flour, arrowroot powder and baking soda. Arrowroot can be substituted with cornstarch, tapioca flour or even more rice flour although the texture will be affected. Sift gradually into the wet mixture.

Chill the cookie dough until it is semi-firm (about 20 minutes). Roll into teaspoon size balls. Place peanut butter balls onto a non-stick baking sheet or parchment paper. Press down with a fork.

Bake for 10 minutes or until the cookie edges are lightly browned. Watch them carefully so that they don't burn. Rice flour burns more quickly than regular flour.

Remove from oven. Let sit for 5 minutes as they will be too soft to remove initially.

Try not to eat the whole batch!

Optional: dip the bottoms in chocolate for an extra delicious treat.

<http://www.fatsecret.com/recipes/gluten-free-peanut-butter-cookies/Default.aspx>

ROSEMARY ROOT VEGETABLE MASH

2 cups nonfat milk
1 tbsp sage (2 bunches of leaves)
2 tsps thyme (1 sprig)
1/4 cup balsamic vinegar
1 tbsp rosemary (2 sprigs)
2 tsps olive oil
2 cups slices parsnip (1 medium)
4 small red potatoes
1 5" long sweet potato
2 cups cubed yam (1 large)

Cube all vegetables. Boil until outer part is soft and a layer of starch has formed on the top of the boiling water. Drain off the starch. Place in baking dish, toss with herbs, oil and balsamic vinegar. Bake until cooked through. Remove the herb twigs.

Place in food processor or blender once the veggies have cooled. Blend with milk.

Remove the herb leaves or leave and blend in if desired.

Can serve as a side or can add chicken stock to make into a winter soup.

<http://www.fatsecret.com/recipes/rosemary-root-vegetable-mash/Default.aspx>

TUNA STUFFED PEPPERS

5 tsps or 1 packet mustard
1/4 tsp garlic
4 small mushrooms
1/8 cup chopped onions
6 small sweet peppers
1 can tuna

Pre-heat oven to 350 °F (175 °C). Wash, halve and seed mini-peppers.

Drain can of tuna. Mix remaining ingredients, except for cheese with tuna.

Add season all salt to taste. Stuff peppers with tuna mixture.

Spray baking sheet with Pam. Place stuffed peppers on baking sheet. Bake at 350 °F for 10-15 minutes, until peppers are tender.

Once peppers tender, sprinkle with cheese and place back in oven for 1 minute (until cheese melted).

<http://www.fatsecret.com/recipes/tuna-stuffed-peppers/Default.aspx>

APPLE AND COCONUT MUESLI

1 cup low fat yogurt
2 medium green apples
1/4 cup whole almonds
18 g coconut (1 tbsp)
1 cup water
2 tbsps honey
2 cups rolled oats
0.06 cup wheat germ (1 tbsp)

Soak the rolled oats in water overnight. Toast the nuts in a deep frying pan for a minute or two, chop and set aside. When ready to serve, add the yoghurt, honey, wheat germ.

<http://www.fatsecret.com/recipes/apple-and-coconut-muesli/Default.aspx>

PRAWN COCKTAIL

1 tbsp thousand island salad dressing, fat free
1/4 cup slices cucumber
1 cup shredded or chopped iceberg lettuce
100 g prawns

Chop iceberg lettuce finely, rinse with cold water and drain. Lay in the base of a serving dish. Drain prawns (shrimps) then mix with thousand island dressing.

Add prawn mixture on top of the lettuce base.

Cut 8 slices of cucumber, then slice each piece into quarters. Sprinkle these on top of the prawn mixture and either serve immediately or refrigerate.

Optional to add a squirt of lemon juice if desired.

Note: If using frozen prawns, defrost in refrigerator for 6-8 hours or a minimum of 2-3 hours at room temperature.

<http://www.fatsecret.com/recipes/prawn-cocktail/Default.aspx>

WALNUT BITES

3/4 cup light margarine
1/2 cup sugar
1 cup chopped walnuts
1/4 tsp salt
6 large rectangular Graham crackers

Break 6 large rectangle graham cracker sheets into 12 even squares. Arrange these in a 13 x 9" glass baking dish. Pre-heat oven to 300 °F (150 °C). Melt butter in medium saucepan over low heat. When fully melted mix in sugar, salt, and walnuts until fully incorporated. Bring to a boil over medium-high heat, allow to boil for exactly 3 minutes, stirring frequently. Pour walnut mixture over graham crackers and spread evenly. Bake in preheated oven, uncovered, for 15 minutes. Let cool for 5 minutes, then remove with spatula and allow to cool completely on wire rack placed over paper towels.

<http://www.fatsecret.com/recipes/walnut-bites/Default.aspx>

HOT BANANA DESSERT

1 slice queso fresco cheese
1/2 small banana
2 tsps packed brown sugar

Slice banana in half, then slice the half length with and sprinkle with brown sugar (or other flavors like cinnamon). Cover with slices of part skim queso fresco, and microwave for about 20 seconds until cheese melts.

<http://www.fatsecret.com/recipes/hot-banana-dessert/Default.aspx>

CHERRY TOMATOES STUFFED WITH COTTAGE CHEESE

1/2 cup cottage cheese, low fat
10 cherries cherry tomatoes

Stuff tomatoes with cottage cheese. Or just eat separately!

<http://www.fatsecret.com/recipes/cherry-tomatoes-stuffed-with-cottage-cheese/Default.aspx>

LOW FAT POPCORN

1 oz low fat popcorn

Follow the instructions on the packet for microwaving. You can add flavorings but remember they will make it more fattening. A sprinkle of salt should do.

<http://www.fatsecret.com/recipes/low-fat-popcorn/Default.aspx>

BUTTERSCOTCH BAR

2 large eggs
1/2 cup butter
1/4 tsp salt
1 tsp vanilla
1/2 tsp baking powder
11 oz butterscotch chips
1/2 cup packed brown sugar
1/2 cup sugar
1 1/4 cups flour

Beat sugars and butter until blended. Add vanilla and eggs, beat. Combine flour, baking powder and salt, blend. Add 3/4 bag of butterscotch chips. Spread evenly in 8" pan coated with cooking spray. Sprinkle remaining chips over top.
Bake at 350 °F (175 °C) for 28 minutes.

<http://www.fatsecret.com/recipes/butterscotch-bar/Default.aspx>

CHOCOLATE SOY MILK SHAKE

1/2 cup low fat cottage cheese
1 cup ice
1/2 cup vanilla soy milk
1 tbsp unsweetened cocoa
2 servings 1 packet equal sweetener

Put all ingredients in a blender and blend on high until ice is blended. Enjoy.

Note: Use light soy milk if available.

<http://www.fatsecret.com/recipes/chocolate-soy-milk-shake/Default.aspx>

ALMOND CHAI

1/2 tsp ground cardamom pods (2 crushed)
1 tsp cinnamon stick
1/4 tsp cloves (2 whole)
1 dash peppercorns (2 black)
1 fl oz toasted green tea leaves (handful)
1 cup almond milk
1/2 tbsp honey

Pour 2 cups of water into a pot. Add all the whole spices, smashing the cardamom with the back of a spoon. Bring to a boil. Let simmer until the mixture is a dark brown and 3/4 of the liquid is gone (about half an hour). Add the tea leaves. Stir and let steep for a few seconds. Add the honey and almond milk. Bring almost to a boil. Pour into a glass through a big tea strainer or sieve. Sprinkle with some cinnamon.

<http://www.fatsecret.com/recipes/almond-chai/Default.aspx>

BERRY YOGURT MUESLI

350 g plain yogurt
100 g muesli
1 1/2 cups blackberries
1 small orange
0.67 tbsp honey
10 g wheat bran

Mix up all ingredients. Divvy up into four containers. Store in fridge for when a healthy, relatively light snack is required.

<http://www.fatsecret.com/recipes/berry-yogurt-muesli/Default.aspx>

JELL-O YOGURT

32 oz plain yogurt (low fat)
4 servings jell-o (low calorie)

Blend the yogurt with any sugar free Jell-O flavor (about one 3 oz box) well. Recipe makes four 1-cup servings. You may also substitute plain low fat cottage cheese.

<http://www.fatsecret.com/recipes/jell-o-yogurt/Default.aspx>

GARLIC HUMMUS II

1/2 tsp cumin
1 dash salt
3 tbsps olive oil
1 lemon yields lemon juice
2 cloves garlic
3 tbsps tahini
1 1/2 cups chickpeas

Boil the chickpeas in their water until soft. Strain 1/2 of the water. in the food processor ground chick peas and add the cumin, salt, lemon juice, garlic, tahini and mix to make a paste.

To change the consistency, do the following: if the paste is too thick, slowly add cold water while stirring until desired consistency; if too soft slowly add more tahini while stirring until desired consistency.

When satisfied with the paste, place in a serving platter and sprinkle the olive oil on top and serve.

<http://www.fatsecret.com/recipes/garlic-hummus-ii/Default.aspx>

SUNRISE SMOOTHIE

1 container vanilla yogurt, low fat
1 small banana
1 cup whole strawberries
4 oz orange soda, low calorie
1 cup ice

Add yogurt to blender. Add banana in chunks, and blend until smooth. Add fresh or frozen strawberries, and blend until smooth. Add diet orange soda (like diet Sunkist), blend. Add ice and blend until smooth.

<http://www.fatsecret.com/recipes/sunrise-smoothie/Default.aspx>

YOGURT AND BERRIES SMOOTHIE

1/2 cup milk, nonfat
4 oz vanilla yogurt, nonfat
1/4 cup blackberries
1/4 cup blueberries
1/4 cup raspberries
1/4 cup halves strawberries
6 ice cubes

Add ice, milk, yogurt and berries to blender. Blend well.

<http://www.fatsecret.com/recipes/yogurt-and-berries-smoothie/Default.aspx>

BLUEBERRY SMOOTHIE II

1 cup blueberries
1 cup skim milk

Add skim milk and frozen blueberries together in blender. Blend to preferred texture.

<http://www.fatsecret.com/recipes/blueberry-smoothie-ii/Default.aspx>

CREAMY AVOCADO DIP

8 oz fat free sour cream
1 avocado
1 fl oz fresh lemon juice
1 tbsp chopped chives

Remove pit and scoop out Haas avocado; mash. Add sour cream, chives and fresh squeezed lemon juice. Mix together until nicely blended.

Chill. Ingredients can easily be doubled for parties. Keep refrigerated and enjoy.

<http://www.fatsecret.com/recipes/creamy-avocado-dip/Default.aspx>

TRIPLE BERRY SMOOTHIE

1 tbsp whey protein
4 oz vanilla yogurt, low fat
1 medium banana
1/3 cup marionberries
1/3 cup blueberries
1 cup orange juice
1/3 cup raspberries

Blend all ingredients for 30 seconds.

<http://www.fatsecret.com/recipes/triple-berry-smoothie/Default.aspx>

NUTTY CELERY SNACKS

4 oz. (1/2 of 8-oz. pkg.) Philadelphia Neufchatel Cheese, softened
2 Tbsp. Dark brown sugar
2 stalks Celery (12 inch)
2 Tbsp. Planters Dry Roasted Peanuts

Mix Neufchatel and sugar until well blended. Spread into hollowed sides of celery; top with nuts. Cut each into 4 pieces.

<http://www.kraftrecipes.com/recipes/nutty-celery-snacks-114646.aspx>

VERY "BEAR"-Y PARFAITS

1-1/4 cups TEDDY GRAHAMS Honey Graham Snacks, divided
1-1/4 cups assorted fresh fruit (strawberry halves,
chopped apples and grape halves), divided
1 cup Vanilla low-fat yogurt

Reserve 1/4 cup each of the graham snacks and fruit for garnish.
Layer remaining graham snacks, remaining fruit and the yogurt in
four 6-oz. parfait glasses. Top evenly with the reserved graham snacks and fruit.

<http://www.kraftrecipes.com/recipes/very-bear-y-parfaits-54401.aspx>

NEWTON® MONSTER POPS

- 6 Wooden pop sticks
- 6 Fig Newtons Fruit Chewy Cookies
- 12 Jet-Puffed Miniature Marshmallows
- 6 Ring-shaped chewy fruit snacks
- Assorted Halloween decorating gels, sprinkles and candies
- Insert 1 pop stick into each cookie.

Decorate cookies with remaining ingredients to resemble monster faces. Let stand until set. Insert pops into a floral foam block placed inside a Halloween container and use as a centerpiece, if desired.

<http://www.kraftrecipes.com/recipes/newton-monster-pops-62253.aspx>

CHOCOLATE "PIE" CUP

- 2 Chips Ahoy! Real Chocolate Chip Cookies
- 1 Jell-O Chocolate Pudding Snack
- 1 Tbsp. Cool Whip Whipped Topping (in a can)

Crumble 1 of the cookies into small glass. Top with pudding snack, Cool Whip and another cookie.

<http://www.kraftrecipes.com/recipes/chocolate-pie-cup-111271.aspx>

STRAWBERRY-KIWI SNACKS

- 8 Ritz Crackers
- 4 peeled kiwi slices
- 4 slices Strawberry (about 1 medium)
- 1/4 cup Vanilla low-fat yogurt

Top 4 of the crackers with 1 slice each kiwi and strawberries. Cover with remaining crackers. Serve with the yogurt for dipping.

<http://www.kraftrecipes.com/recipes/strawberry-kiwi-snacks-95093.aspx>

3-MINUTE APPLE COBBLER

6 Nilla Wafers
1/4 cup Applesauce
1 Tbsp. thawed Cool Whip Whipped Topping
Dash Ground cinnamon

Place wafers in microwaveable bowl; top with applesauce. Microwave on high 15 sec. or until hot. Cool 1 min. Top with Cool Whip; sprinkle with cinnamon.

<http://www.kraftrecipes.com/recipes/3-minute-apple-cobbler-75605.aspx>

CRANBERRY-CHEDDAR TURKEY SNACKS

20 Triscuit Crackers
1 pkg. (10 oz.) Cracker Barrel Extra Sharp Cheddar Cheese, cut into 20 slices
1 pkg. (9 oz.) Oscar Mayer Deli Fresh Shaved Smoked Turkey Breast
1/3 cup Cranberry-orange sauce

Arrange crackers in single layer on serving plate. Cover each with 1 cheese slice. Top evenly with remaining ingredients.

<http://www.kraftrecipes.com/recipes/cranberry-cheddar-turkey-snacks-52567.aspx>

CHOCOLATE LAVA SUNDAES

1 Jell-O Chocolate Pudding Snack
1 cup vanilla ice cream

Spoon pudding snack into microwaveable bowl. Microwave on High 30 sec. or until pudding is heated through and smooth when stirred. Meanwhile, spoon ice cream into 2 bowls. Drizzle warm pudding over ice cream as topping.

<http://www.kraftrecipes.com/recipes/chocolate-lava-sundaes-109569.aspx>

APPLE-CHEESE SNACKS

- 1/2 cup Philadelphia 1/3 Less Fat than Cream Cheese
- 2 Tbsp. Planters Sunflower Kernels, chopped
- 1/4 cup Raisins, chopped
- 6 Apples, cut lengthwise in half, cored

7

Mix reduced-fat cream cheese, sunflower kernels and raisins. Spread 1-1/2 Tbsp. reduced-fat cream cheese mixture into hollow of each apple half. Serve immediately.

<http://www.kraftrecipes.com/recipes/apple-cheese-snacks-55877.aspx>

"EZ" FRUITY POPCORN SNACK

- 1 pkg. microwave popcorn
- 3 Tbsp. Butter, melted
- 1 pkg. (4-serving size) Jell-O Strawberry Flavor Gelatin
- 3/4 cup Planters Cocktail Peanuts
- 3/4 cup Waffle-shaped cereal

Microwave popcorn as directed on package. Place popcorn in large bowl. Add butter; toss to coat. Add dry gelatin; mix lightly. Add peanuts and cereal; mix lightly.

<http://www.kraftrecipes.com/recipes/ez-fruity-popcorn-snack-56695.aspx>

HOT DOG BITES

- 4 Ritz Crackers
- 1 Kraft Singles, quartered
- 1 Oscar Mayer Wiener, cut into 12 slices
- 2 Cherry tomatoes, halved

Place crackers on microwaveable plate; top with Singles and wieners. Microwave on high 10 sec. or until Singles are melted. Top with tomatoes.

<http://www.kraftrecipes.com/recipes/hot-dog-bites-116091.aspx>

FROZEN YOGURT TEDDY TREATS

2-1/4 cups Teddy Grahams Cinnamon Graham Snacks, divided
1-1/2 qt. (6 cups) frozen nonfat yogurt, any flavor, divided
1 cup sliced fresh strawberries
1 cup Banana slices
Cool Whip Lite Whipped Topping, thawed (optional)

Arrange 1 cup of the graham snacks on bottom of foil-lined 8-inch square pan. Cover with layers of 2 cups of the yogurt and strawberries. Top with layers of 2 cups of the remaining yogurt and bananas. Stir 1 cup of the graham snacks into remaining 2 cups yogurt; spread over banana layer. Cover. Freeze 4 hours or until firm. Remove from pan. Cut into squares. Garnish with remaining graham snacks just before serving. Top with whipped topping.

<http://www.kraftrecipes.com/recipes/frozen-yogurt-teddy-treats-51082.aspx>

FRESH GRAPE & NUT SNACK

1/2 cup seedless green grapes
1 Tbsp. Planters Lightly Salted NUT•rition™ Almonds
Dash Ground cinnamon

Combine ingredients.

<http://www.kraftrecipes.com/recipes/fresh-grape-nut-snack-89955.aspx>

CHEDDARY ARTICHOKE SNACKS

1 loaf (about 1 lb.) French bread, cut into 20 slices, toasted
1 jar (6 oz.) marinated artichoke hearts, drained, chopped
1/4 cup sliced roasted red peppers
2 Tbsp. Green onion slices
1 pkg. (10 oz.) Cracker Barrel Extra Sharp Cheddar Cheese, cut into 20 slices

Preheat broiler. Place toast slices on baking sheet; top with artichokes, peppers, onions and cheese. Broil 2 to 3 minutes or until cheese begins to melt.
Garnish with additional sliced red peppers and green onions, if desired.

<http://www.kraftrecipes.com/recipes/cheddary-artichoke-snacks-52566.aspx>

OH-SO-EASY CHEESE LOG

- 1 pkg. (8 oz.) Philadelphia Cream Cheese, softened
- 1 cup Kraft 2% Milk Shredded Italian* Three Cheese Blend
- 1 pkt. (1 oz.) dry onion soup mix
- 2 Tbsp. Breakstone's Reduced Fat or Knudsen Light Sour Cream
- 2/3 cup finely chopped Planters Pecans, toasted

Mix first 4 ingredients. Shape into log; wrap in plastic wrap. Refrigerate 2 hours.
Unwrap log; roll in nuts. Firmly press nuts into log to secure.

<http://www.kraftrecipes.com/recipes/oh-so-easy-cheese-log-114846.aspx>

S'MORES SNACK MIX

- 1 pack (0.85 oz.) Nabisco 100 Cal Lorna Doone Shortbread Cookie Crisps
- 1 pack (0.78 oz.) Nabisco 100 Cal Mister Salty Milk Chocolate Covered Pretzels
- 1/4 cup Jet-Puffed Miniature Marshmallows

Combine ingredients.

<http://www.kraftrecipes.com/recipes/smores-snack-mix-114520.aspx>

HAM AND CHEDDAR SNACKS

- 5 oz. (1/2 of 10-oz. pkg.) Cracker Barrel Sharp Cheddar Cheese
- 4 slices Oscar Mayer Smoked Ham
- 24 Ritz Crackers
- 2 Tbsp. Grey Poupon Dijon Mustard
- 24 Pitted black olive slices (about 1/4 cup)

Cut cheese into 12 slices; cut each slice diagonally in half. Cut each ham slice into 6 pieces. Top each cracker with 1 ham piece, 1/4 tsp. mustard, 1 cheese triangle and 1 olive slice.

<http://www.kraftrecipes.com/recipes/ham-cheddar-snacks-55743.aspx>

APPLE-RAISIN SNACK BARS

1 pkg. (2-layer size) spice cake mix
3/4 cup Miracle Whip Dressing
2 Eggs
1 large Apple, chopped (about 1 cup)
1/2 cup Raisins
Snack Bar Frosting

Preheat oven to 350°F. Beat cake mix, dressing and eggs in large bowl with electric mixer on medium speed until well blended. Stir in apples and raisins. Pour into greased 13x9-inch baking pan. Bake 25 to 30 min. or until toothpick inserted in center comes out clean. Cool completely in pan on wire rack. Spread with Snack Bar Frosting. Cut into 32 bars to serve.

<http://www.kraftrecipes.com/recipes/apple-raisin-snack-bars-57375.aspx>

BRISTOL BAY SMOKED SALMON SNACKS

1 pkg. (8 oz.) Philadelphia Cream Cheese, softened
1 pkg. (8 oz.) Kraft Shredded Sharp Cheddar Cheese, divided
1/2 lb. Smoked salmon, flaked
6 Green onions, sliced
24 Won ton wrappers

Heat oven to 425°F. Mix cream cheese and 1/2 the Cheddar in medium bowl. Add salmon and onions; mix well. Spray 24 miniature muffin pan cups with cooking spray. Line each cup with 1 won ton wrapper. Fill with salmon mixture; sprinkle with Cheddar. Bake 10 min. or until won tons are browned. Garnish with chopped green onions, if desired.

<http://www.kraftrecipes.com/recipes/bristol-bay-smoked-salmon-112267.aspx>

OVER-THE-TOP APPLE SNACK

2 Tbsp. Philadelphia Cream Cheese Spread

1 tsp. Brown sugar

1 Granny Smith apple, cored and sliced

SPOON cream cheese spread on small plate.
Top with brown sugar. Scoop up dip with apple.

<http://www.kraftrecipes.com/recipes/over-the-top-apple-snack-66274.aspx>