HEALTHY SNACK IDEAS

ZIPPY PIZZA

**INGREDIENTS:**
- Whole wheat pita bread
- Hummus spread
- Carrots, sliced
- Radishes, sliced
- Cucumbers, sliced
- Tomatoes, diced
- Black pepper

**INSTRUCTIONS:**
Spread hummus on pita and decorate with a variety of veggies and enjoy.

SWEET AND COOL PIZZA

**INGREDIENTS:**
- Whole wheat pita bread
- Low-fat cream cheese spread
- Strawberries, sliced
- Berries or peaches, frozen
- Bananas, sliced
- Kiwi, sliced
- Green apple, sliced

**INSTRUCTIONS:**
Spread cream cheese and top off with a variety of fruit. Try fruit-flavored cream cheese.

SNAPPY DIP AND CHIPS

**INGREDIENTS:**
- Salsa, chunky style
- Black beans, can, rinsed
- Avocado
- Baked pita or tortilla chips

**INSTRUCTIONS:**
Combine salsa, beans and avocado and enjoy with a chip. Other ingredients to add to the dip: corn, mango or kidney beans.