

— MY FAVORITE FLAVOR IS —

CRUNCHY



Love snacks with a satisfying crunch?
These healthy recipes are for you.



PEANUT BUTTER TOAST

Spread **1½ tablespoons** of crunchy peanut butter (or your favorite nut butter) on **1 slice** of toasted 100% whole wheat bread. Top with your choice of additions: banana or peach slices. Enjoy for breakfast or as a snack!



MAKE YOUR OWN TRAIL MIX

Mix your favorite unsalted nuts, such as cashews or walnuts, and combine with seeds like sunflower and pumpkin.



CHICKPEA DIP WITH FRESH VEGETABLES

Combine **1 (15 oz) can** chickpeas (drained and rinsed), **3** garlic cloves, **¼ cup** plain low-fat yogurt, **1 tablespoon** lemon juice, **1 teaspoon** olive oil, **¼ teaspoon**, each, of paprika, salt and pepper to taste into a food processor or blender, and blend until smooth. Serve with your favorite crunchy vegetables such as carrots, celery, and cucumbers.