

Pumpkin Yogurt Fruit Dip

(Serves 4)

INGREDIENTS

- 1 (6-ounce) container Vanilla Greek Yogurt
- 3 Tbsp pumpkin puree
- ½ tsp ground cinnamon
- 4 small/medium apples, cored and sliced

DIRECTIONS

1. Stir together the yogurt, pumpkin puree and cinnamon in a small bowl until smooth.
2. Serve cold with sliced apple wedges.

Nutrition Information

Calories: 110, Protein: 4g, Carbohydrates: 26g, Saturated Fat: 0g, Cholesterol: 5mg, Sodium: 30mg, Dietary Fiber: 4g, Sugars: 20g, Fat: 0g



Spider Crackers

(Serves 3)

INGREDIENTS

- 12 Ritz Crackers (with no salt added) OR cucumber slices
- 2 Tbsp low-fat cream cheese OR unsalted peanut, almond or any spreadable nut butter
- 1 cup salt-free pretzel sticks
- ¼ cup dried fruit (raisins, blueberries or cranberries) OR mini semi-sweet chocolate chips

DIRECTIONS

1. Spread cream cheese or nut butter between two crackers or cucumber slices, thick enough to secure pretzels.
2. Break 4 pretzel sticks in half.
3. Place the 8 broken pieces around one cracker to look like spider legs.
4. Take the second cracker and sandwich the pretzel sticks in between the two crackers, without moving the sticks.
5. Dip two raisins in cream cheese or nut butter and stick to the top of one side of the spider for eyes.

Nuts and Bolts Trail Mix

(Serves 10; serving size ½ cup)

INGREDIENTS

- ½ cup lightly salted or unsalted mixed nuts
- 2 cups pretzel sticks
- 2½ cups plain Cheerios
- ½ cup sweetened dried cranberries
- ½ cup raisins

DIRECTIONS

1. Mix together and serve.

Nutrition Information

Calories: 110, Carbohydrate: 20g, Fat: 3g, Protein: 3g, Cholesterol: 0mg, Sodium: 119mg, Sugar: 8g Fiber 2g

