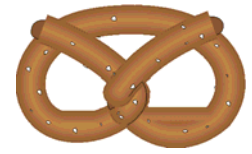




Easy Snacking



Gorp

- 3 cups of two different dry cereals
- 1/2 cup of one dried fruit
- 1/2 cup of one salty food
- 1 cup of one sweet food

Suggested ingredients:

- | | |
|------------------|--------------------|
| Any dry cereal | Chocolate candies |
| Sunflower seeds | Chocolate chips |
| Pumpkin seeds | Corn chips |
| Roasted soybeans | Bite-size crackers |
| Raisins | Marshmallows |
| Any nuts | Pretzels |

1. Mix everything together in a mixing bowl.
(Do not feed to small children because they could choke on some of the food items.)

Vegetable Dipping Sauce

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

1. Mix together all ingredients.
2. Serve with your favorite fresh vegetables.

Shaped Bread Sticks

- 1 frozen loaf whole wheat bread dough

1. Thaw and divide each loaf into 16 equal pieces.
2. Roll each piece of dough into a 10 inch long strip.
3. Place strips on a greased baking sheet.
4. Form into any desired shape.
5. Brush with melted margarine.
6. **Sprinkle with one or two of these:**
garlic salt onion salt
sesame seeds poppy seeds
7. Let rise in a warm place for 15 minutes.
8. Bake at 400°F for 15 minutes.



Fruit Dipping Sauce

- 1 cup nonfat or low fat sour cream
- 1/3 cup apricot or peach preserves or marmalade
- 2 - 3 Tbsp. skim milk

1. Combine sour cream and preserves in a small bowl.
(Cut up any large pieces of fruit in preserves). Mix well.
Stir in enough milk to make mixture of dipping consistency.
2. Chill and serve with assorted fresh fruit. For canned fruit, cut fruit into small chunks and serve with toothpicks for dipping.