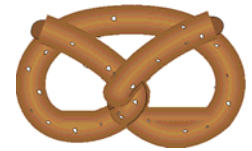




Easy Snacking



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 |

- 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

- Mix together all ingredients.
- Serve with your favorite fresh vegetables.

Shaped Bread Sticks

- 1 frozen loaf whole wheat bread dough

- Thaw and divide each loaf into 16 equal pieces.
- Roll each piece of dough into a 10 inch long strip.
- Place strips on a greased baking sheet.
- Form into any desired shape.
- Brush with melted margarine.
- Sprinkle with one or two of these:**
garlic salt onion salt
sesame seeds poppy seeds
- Let rise in a warm place for 15 minutes.
- 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

- 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.
- Chill and serve with assorted fresh fruit. For canned fruit, cut fruit into small chunks and serve with toothpicks for dipping.