

Fun & Easy Healthy Snacks

Fruit-Juice Cubes*

- 1 1/2 Tbsp. (1 1/2 envelopes) unflavored gelatin
- 3/4 cup water
- 6-oz. can frozen grape or apple juice concentrate



Very lightly grease 9-x 5-inch loaf pan or plastic ice-cube trays. Soften gelatin in water in a saucepan for 5 minutes. Heat over low heat, stirring constantly until gelatin dissolves. Remove from heat. Add fruit-juice concentrate; mix well. Pour into pan. Cover and refrigerate. Chill until set. Cut into 1-inch cubes and serve.

Makes 45 cubes.

NUTRITION FACTS (per cube) - Calories 10 ~ fat 0 g ~ calories from fat 0 ~ sodium 0 mg ~ total carbohydrates 2 g

Chili Popcorn*

- 1 quart popped popcorn
- 1 Tbsp. margarine, melted
- 1 1/4 tsp. chili powder.

- 1/4 tsp. ground cumin
- dash garlic powder



Mix hot popcorn and margarine. Mix seasonings thoroughly; sprinkle over popcorn. Mix well.

Makes 4 servings (1 cup).

NUTRITION FACTS (per serving) - Calories 80 ~ fat 6 g ~ calories from fat 50 ~ sodium 140 mg ~ total carbohydrates 7 g

Orange Smoothie**

- 1 can (6-oz.) frozen orange juice concentrate
- 1 cup skim milk
- 1 cup water
- 1/2 tsp. imitation vanilla extract



Put all ingredients into blender or jar with cover. Blend or shake in jar until smooth. Serve cold.

Makes 4 servings (3/4 cup).

NUTRITION FACTS (per serving) - Calories 90 ~ fat 0 g ~ calories from fat 0 ~ sodium 35 mg ~ total carbohydrates 19 g

*"Super Good-For-You Snacks"; TEAM Nutrition – USDA.

**Adapted from "Simply Good Eating", Minnesota Extension Service, 1995.



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