

# Healthy Snack Ideas



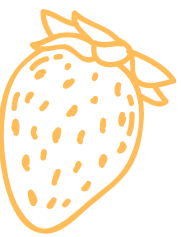
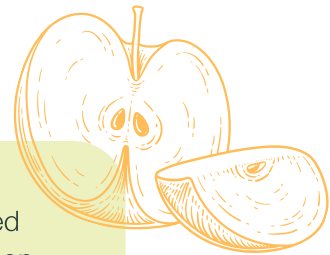
Yogurt, Granola and Berries

- 1 cup plain yogurt
- 1 1/2 teaspoons honey
- 1/3 cup unsweetened granola
- Berries of your choice
- Layer in a glass: yogurt, honey, granola
- Top with fruit
- Finish with drizzle of honey on top



Baked Apple Crisps

- 3 apples thinly sliced
- 1 teaspoon cinnamon
- Place the thin apple slices on a baking sheet covered with parchment paper
- Sprinkle cinnamon on top.
- Bake in a pre-heated oven at 200°F for 2 hours and let cool down in the oven



Honey & Spice Muffins

- 1 1/2 cups flour + 1 teaspoon baking powder
- 2 eggs
- 3/4 cup vegetable oil
- 3/4 cup brown sugar
- 1/2 cup honey
- 1 tablespoon lemon juice
- 1/2 cup applesauce
- 1 teaspoon ground cinnamon + 1/2 teaspoon ground ginger
- 1/2 teaspoon baking soda
- Mix together: vegetable oil, eggs, brown sugar, honey, lemon juice and applesauce.
- Add flour, baking powder, baking soda, cinnamon and ginger.
- Pour the mixture into a muffin pan and bake at 375°F for about 30 minutes until golden brown.

