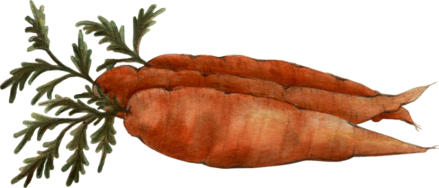
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Healthy Snacks

Munch n’ Share

January 2012

**Chicken Artichoke Cheese Dip**

Amy Larson

1 (5 oz) can chunk chicken – drained & flaked

1 (14 oz) can artichoke hearts – drained & chopped

1 (.7 oz) package dry Italian salad dressing mix

1 (8 oz) container sour cream

1 cup Havarti cheese

¼ cup finely shredded Parmesan cheese

¼ cup sliced almonds

¼ cup mayonnaise

1) Preheat oven to 350 F

2) In a medium bowl, blend chicken, artichoke, Italian dressing mix, sour cream, ½ cup Havarti & Parmesan. Transfer to a small baking dish. Top with remaining Havarti & almonds. (Or, if you want, just mix all ingredients together, instead of saving some for the top.)

3) Bake 25 minutes or until bubbly and lightly browned.

**Make Ahead Fruit Salad**

Bonnie Jones

**Mix A**

Dice:

1 Pint strawberries

1 Large Banana

1 Red Delicious Apple

1 Can Pineapple Tidbits

1 Kiwi

**Mix B**

½ C. Fresh Lemon Juice

½ C. sugar

¼ t. Ground Nutmeg

¾ t. Cinnamon

Combine Mix A & B and Refrigerate.

\*Note: You can change any of the fruits to suit your tastes. It is the juice mixture that makes a delicious and unique taste.

**Fruit Crisp**

Cindy Tolman

**Crumble Mix:**

5 C. Quick Oats

5 C. Packed Brown Sugar

5 C. Flour

2 t. Cinnamon

1 ½ t. Baking Powder

1 ½ t. Baking Soda

½ t. Salt

Combine ingredients. Store in an air-tight container.

To use: Place 1 can pie filling in 8 inch pan. Combine ¼ cup butter and 1 cup mix till crumbly. Sprinkle on top of filling. Bake at 350 for 30 to 40 minutes. Makes 6-8 servings per batch.

**Fruit & Vegetable Smoothie**

Rebecca Harris

2 C. Ice

1 C. Water

1 C. Milk

1 Handful of Spinach

8 Baby Carrots

½ Banana

1 to 1 ½ C. frozen fruit (I used ¾ C. Frozen berries & ¾ C. Frozen peaches)

¾ C. Strawberry Yogurt

1 pkg Emergen-C (Vit. C fizzy drink pack - I used Acai flavor)

1 Scoop vanilla whey protein

Blend until smooth. Serve immediately



**Many of the snacks didn’t come with recipes, and some weren’t healthy so recipes weren’t provided, but here are a few of healthy snacks that were brought:**

