

# Healthy Quick Snack Demonstration Recipes

March 2014

## Easy Guacamole with Veggie Dippers

1 avocado

¼ salsa, or more if desired

Dash of garlic powder, optional

Veggie strips of choice. Try:

Red and green bell peppers

Carrot sticks

Celery

Zuchinni/squash

Whole grain crackers, optional

1. Remove avocado from skin and place in a small mixing bowl. Mash until mostly smooth.
2. Add salsa and garlic powder, stir until combined.
3. Slice assorted vegetables into dipping strips and dip away!



## Hummus Dippers

¼ cup prepared hummus, flavor of choice

1 pita pocket

Veggie strips of choice

1. Place hummus in a small serving bowl.
2. Cut pita pocket into 8 triangles for dipping.
3. Slice veggies of choice into dipping size strips.

## Protein roll up

1 slice Swiss cheese

2 slices low sodium turkey

Small handful spinach

Other veggies, try bell pepper strips, cucumbers, tomatoes

1. Place cheese slice on a plate. Top with turkey & veggies.
2. Roll into a burrito shape, enjoy on the go!

These recipes were created by Whitney Dunagan and Janet Steffans, with the Floyd County Nutrition Coalition.

For more information, please visit [www.wellnesscsi.com/5-a-day](http://www.wellnesscsi.com/5-a-day).