



Healthy Snack Event for Employees
February 14, 2019
Wellness Center



Along with fresh fruit and a vegetable tray, we had the following snacks:

Fruit Salsa and Cinnamon Chips by Clarice Rochelle

- 2 apples
- 1 lb. strawberries
- 2 kiwis
- Grapes
- 1 teaspoon honey
- 2 teaspoon agave

Chop all fruit to desired size. Add honey and agave and mix well. Refrigerate to ready to eat. You can use any fruit you like. You can also add 2 tablespoons of strawberry preserves instead of honey and agave.

Cinnamon Chips

- 10 tortillas
- Cinnamon sugar
- Butter

Lightly coat tortillas with butter, sprinkle with cinnamon sugar. Use pizza cutter to cut into triangles. Bake 425° till lightly browned and crispy.

Easy Chicken Salad by Iris Anderson

2 cans chicken (drained)
Plain yogurt (enough for a good consistency)
Chopped grapes as desired
Slivered almonds as desired

Mix all ingredients together. Tastes great on a wheat cracker!

Turbo Fire Chili by Peri Krichbaum

1 lb. lean ground turkey
1 can diced tomatoes or Ro-tel
1 large can tomato sauce
8 oz. whole kernel corn, frozen
½ onion, diced
1 can black beans, rinsed
1 can kidney beans, rinsed
2 tablespoon minced onion
1 ½ teaspoon chili powder
1 teaspoon salt
½ teaspoon red pepper flakes
½ teaspoon garlic powder
½ teaspoon cumin
4 oz. shredded cheddar cheese

Brown turkey and drain. Place all ingredients (except cheese) in crockpot and cook for 4 hours on low or 2 hours on high. Top with cheese.

Cherry Almond Granola Bars by Linda Boshers

Easy, no-bake granola bars with crunchy almonds, and chewy sweet-and-sour dried cherries, they're perfect for an on-the-go breakfast or snack!

You can individually wrap them and store in the freezer for up to 3 months.

Ingredients:

- 1/2 cup creamy almond butter
- 1/2 cup honey
- 1/4 teaspoon vanilla
- 1/4 teaspoon almond extract (optional)*
- 1/8 teaspoon cinnamon
- Pinch of salt
- 2 cups oats
- 1 cup almonds, unsalted and roughly chopped
- 1 cup dried cherries, optional: rough chop half of them

1. Prepare a 9x9 baking dish by lining it with parchment paper for easy removal of the bars. Make sure some excess hangs over the edge so you can pick it up easily.
2. In a small saucepan, whisk together almond butter, honey, vanilla and almond extracts, cinnamon, and salt. Heat over low-medium heat until mixture begins to slowly simmer. Remove from heat.
3. Meanwhile, stir together oats, almonds, and dried cherries. Once the liquid mixture is dissolved together on the stove, pour it into the dry ingredients and stir to coat.
4. Spread evenly in parchment lined baking dish. Sprinkle with flaky salt as desired. Let cool in the fridge at least 1 hour. Cut into 12 bars.

Flat Tummy Water by Linda Boshers

In a pitcher add the following:

1 gallon of filtered water (*Water is life. It keeps the body hydrated, which is important because dehydration can slow down the fat burning process. It lubricates joints and muscles during exercise and helps the blood supply oxygen to muscles. Water also helps feel full during meals, so we don't overeat.*)

1 cucumber, sliced (*low in calories, act as a diuretic, and high in dietary in fiber*)

1 tbsp. of grated ginger (*A study from the Institute for Human Nutrition at Columbia University showed that when participants drank a hot beverage with **ginger**, they felt fuller and had less chance of overeating.*)

1 lemon, sliced (*high in pectin fiber, which helps suppress food cravings. It also helps the body eliminate waste products by cleansing and detoxifying*)

1/2 cup of mint leaves (*natural appetite suppressant*)

Let the mixture infuse overnight, keep refrigerated. Drink it all the next day and enjoy! TIP: You can do this every day. This is safe and very hydrating too.

These vegetable sticks were a big hit!

