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August 2020



## Sensible Snacking

Many people tend to consume more food or more calories during snacking than during meals. If this is you, you're not alone. Snacking sensibly is extremely important for keeping your nutrition and hunger in check. A good way of looking at sensible snacking is eating whole foods that are processed as little as possible or are as close to their natural form as possible. Doing so helps reduce unwanted and unnecessary salt, sugar and calories but still allows you to enjoy a variety of delicious food. This month's newsletter will help explain some tips and tricks to sensible snacking as well as provide 4 snack recipes for your whole family to enjoy.



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <https://whatscooking.fns.usda.gov/>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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## Your New Snack Style

*If you feel you haven't been snacking properly lately, throw away the concepts you've been using and follow these simple concepts to create a new healthy snack style.*

### Watch Ingredients

Pay close attention to the ingredients you're using in your snacks. Avoid added sugars, salts, and other preservatives to the best of your ability. Eat the rainbow! You've heard it before, and you'll likely always hear it. Eat a variety of vibrant colored fruits and vegetables, whole grains and nuts.

### Mix and Match

Combining foods can be a great way to keep snacks balanced. This helps you feel full and satisfied and combines a variety of food groups and nutrients.

### Plan Your Snacks with Your Meals

Planning snacks ahead of time along with your meals is a good way to ensure food variety. This way if you notice a certain food group missing from your meals for the day you can easily add it to your snacks. Precutting and portioning snacks into containers or sandwich bags is a great way to keep yourself from overeating while on the go.





## Fiesta Mix

Makes 4 Servings

### Ingredients:

3 cups cereal (choose a variety of cereals to make it more fun and nutritious)  
1/4 cup raisins  
1/4 cup peanuts  
1/4 cup shredded coconut

### Directions:

Mix cereals together in a large bowl. Add raisins, peanuts, and coconut and mix well. Eat it dry or with milk.

This snack is perfect for sending with the kids to school or packing for a road trip.

Nutritional Information per serving:  
Total Calories 211; Total Fat 7g; Saturated Fat 2g; Protein 6g; Carbohydrates 35g; Dietary Fiber 5g; Sodium 132mg



## Berries with Banana Cream

Makes 4 Servings

### Ingredients:

1/3 cup yogurt, low-fat plain  
1/2 ripe banana  
1/2 fluid ounce fruit juice (orange works well)  
2 cups sliced strawberries  
1 teaspoon honey  
1 dash or teaspoon cinnamon

### Directions:

Combine yogurt, banana and juice by mashing with a fork until desired consistency. Wash and slice berries. Use the yogurt banana mixture to top the berries and finish by topping with honey and cinnamon.

Feel free to use what's on sale or in your fridge for fruit to add this delicious cream to.

Nutritional Information per serving:  
Total Calories 60; Total Fat 1g; Saturated Fat 0g; Protein 2g; Carbohydrates 13g; Dietary Fiber 2g; Sodium 15mg



## English Muffin Veggie Pizza

Makes 4 Servings

### Ingredients:

- 1 cup cooked and chopped broccoli
- 4 English muffins
- 1 cup pizza or spaghetti sauce
- 1/2 cup mozzarella cheese, shredded, part skim
- 1/4 cup carrot (4 Tablespoons, shredded)
- 1/3 tablespoon Parmesan cheese (1 teaspoon, grated)

### Directions:

Place the broccoli in a saucepan with water, cook on medium until tender. Drain the water and allow the broccoli to cool. Cut 4 English muffins in half and toast the 8 halves. Spoon 2 tablespoons pizza or spaghetti sauce over each muffin half. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half. Place 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half. You may substitute other vegetables or meats if desired. (Olives, spinach, no salt added pepperoni, etc). Sprinkle each half with 1 teaspoon grated parmesan cheese. Toast in the toaster oven for 2 minutes, until the cheese melts.

Nutritional Information per serving:  
Total Calories 220; Total Fat 5g; Saturated Fat 2g; Protein 11g; Carbohydrates 34g; Dietary Fiber 4g; Sodium 576mg

Allow your kids or friends to customize to their liking. Try using whole wheat muffins.



## Hummus

Makes 8 Servings

### Ingredients:

- 2 cups garbanzo beans (chickpeas), cooked
- 2 cloves of minced garlic
- 1/4 cup lemon juice
- 1 tablespoon sesame tahini (sesame paste)
- \*\*You can substitute peanut butter for the tahini for a sweeter taste
- 2 tablespoons olive oil

### Directions:

Combine all ingredients together until smooth (a blender works best).

Hummus can be served so many ways! Try it with raw vegetables, on pita bread or with crackers.

Nutritional Information per serving:  
Total Calories 157; Total Fat 8g; Saturated Fat 1g; Protein 6g; Carbohydrates 18g; Dietary Fiber 5g; Sodium 138mg