



EatingWell Favorite

100^{CALORIE} Snacks

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Chocolate Pretzel & Cherry Popcorn Balls

Makes: 12 (2-inch) balls

Active time: 20 minutes

Total: 20 minutes

To make ahead: Wrap airtight for up to 2 days, but best the day they are made.

Heart Health Diabetes Weight Loss Gluten Free

These popcorn balls are made with agave nectar and peanut butter and are spiked with chocolate covered pretzels and dried cherries for a special treat. Try making them for your Halloween party this year.

- 6 heaping cups popped corn
- ¼ cup agave nectar (see Tip) or honey
- ¼ cup creamy natural peanut butter or almond butter, at room temperature
- 2 tablespoons finely chopped dark chocolate-covered pretzels
- 2 tablespoons finely chopped dried cherries

1. Line a baking sheet with parchment or wax paper. Prepare a medium bowl of ice water. Put popcorn in a large bowl.

2. Combine agave (or honey) and peanut butter (or almond butter) in a small saucepan. Cook over medium heat, stirring gently but constantly. As soon as the mixture starts to lightly bubble, cook, stirring constantly, for 15 seconds more.

3. Immediately pour the mixture evenly over the popcorn; gently mix with a wooden spoon or spatula until well coated. Gently stir in dark chocolate-covered pretzels and finely chopped dried cherries.

4. Dip both hands in the ice water. Working quickly, press small handfuls (heaping ¼ cup each) of the popcorn mixture firmly into 2-inch balls. (Make sure each ball gets a little bit of the pretzels and dried cherries.) Place the balls on the prepared baking sheet. If they seem too fragile, rinse hands with cold water and press and squeeze each ball again to help keep it together.

5. Let cool completely before storing. To store, individually wrap in plastic wrap and store in an airtight container.

Per ball: 89 calories; 3 g fat (1 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrate; 6 g added sugars; 2 g protein; 1 g fiber; 34 mg sodium; 18 mg potassium.

Carbohydrate Servings: 1

Exchange: 1 carbohydrate (other), 1 fat

Tip: Agave syrup or nectar is the naturally sweet juice extracted from the agave plant. It has a lower glycemic index and is lower in calories than table sugar, but is even sweeter. Use it in moderation when substituting for table sugar. Look for it near other sweeteners in natural-foods stores and well-stocked supermarkets.

Lemon-Parm Popcorn

Makes: 2 servings, 1½ cups each

Active time: 5 minutes

Total: 5 minutes (not including popcorn-popping time).

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Perk up your popcorn with a bit of lemon pepper and Parmesan cheese.

- 2 teaspoons extra-virgin olive oil
- ½ teaspoon lemon pepper
- Pinch of salt
- 3 cups air-popped popcorn
- 1 tablespoon freshly grated Parmesan cheese

Whisk oil, lemon pepper and salt in a small bowl. Drizzle over popcorn and toss to coat. Sprinkle with Parmesan and serve immediately.

Per serving: 99 calories; 6 g fat (1 g sat, 4 g mono); 2 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 192 mg sodium; 43 mg potassium.

Carbohydrate Servings: ½

Exchange: ½ starch, 1 fat





Frogs on a Log

Makes: 1 serving

Active time: 10 minutes

Total: 10 minutes

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Give this childhood treat a savory twist by swapping the peanut butter and raisins for cream cheese and olives. For a spicy snack, try chopped pickled jalapeños instead of olives.

- 1 stalk celery
- 1 tablespoon reduced-fat cream cheese (Neufchâtel)

5 pimiento-stuffed green olives, sliced

Spread celery with cream cheese. Top with olives.

Per serving: 62 calories; 5 g fat (2 g sat, 2 g mono); 10 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 2 g protein; 1 g fiber; 289 mg sodium; 131 mg potassium.

Carbohydrate Servings: 0

Exchanges: 1 fat



Chocolate-Banana Grahams

Makes: 1 serving

Active time: 5 minutes

Total: 5 minutes

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A graham cracker smeared with Nutella and topped with banana and coconut is a light way to satisfy your sweet tooth.

- 1 square graham cracker, broken into 2 rectangles
- ½ teaspoon Nutella or other chocolate-hazelnut spread, divided
- 2 slices banana, about 2 inches long

½ teaspoon sweetened shredded coconut, toasted if desired, divided

Spread each graham cracker piece with ¼ teaspoon Nutella and top with a slice of banana and a sprinkling of coconut.

Per serving: 71 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrate; 4 g added sugars; 1 g protein; 1 g fiber; 46 mg sodium; 94 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other)



Peanut Butter & Pretzel Truffles

Makes: 20 truffles

Active time: 15 minutes **Total:** 2 hours

To make ahead: Store airtight in the refrigerator for up to 2 weeks.

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Per truffle: 64 calories; 4 g fat (1 g sat, 2 g mono); 1 mg cholesterol; 5 g carbohydrate; 2 g added sugars; 2 g protein; 1 g fiber; 53 mg sodium; 65 mg potassium.

Carbohydrate Servings: 0

Exchanges: 1 fat

These peanut butter-pretzel truffles satisfy your craving for something sweet and salty.

½ cup crunchy natural peanut butter

¼ cup finely chopped salted pretzels

½ cup milk chocolate chips, melted
(see *Tip*)

Tip: To melt chocolate, microwave on **Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.**

Combine peanut butter and pretzels in a small bowl. Chill in the freezer until firm, about 15 minutes. Roll the peanut butter mixture into 20 balls (about 1 teaspoon each). Place on a baking sheet lined with parchment or wax paper and freeze until very firm, about 1 hour. Roll the frozen balls in melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.

Raspberry Bars

Makes: 16 bars

Active time: 25 minutes **Total:** 3¾ hours

To make ahead: Cover and refrigerate for up to 1 day.

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Tart raspberry filling is swirled into a low-fat cream filling in these beautiful bars. They're a festive treat for a summer picnic or party.

Crust

¾ cup white whole-wheat flour

(see Tip)

½ cup chopped pecans

2 tablespoons granulated sugar

½ teaspoon salt

3 tablespoons cold butter, cut into small pieces

2 tablespoons ice water

½ teaspoon vanilla extract

Raspberry Filling

2 teaspoons unflavored gelatin

2 tablespoons water

3 cups fresh raspberries, divided

½ cup granulated sugar

4 tablespoons nonfat cream cheese, softened

2 tablespoons low-fat milk

1 tablespoon confectioners' sugar

1. To prepare crust: Preheat oven to 400°F. Coat an 8-inch-square baking pan with cooking spray.

2. Place flour, pecans, 2 tablespoons sugar and salt in a food processor; process until the nuts are finely ground. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add ice water and vanilla and pulse just until the dough starts to come together. Transfer to the prepared pan. Press evenly and firmly into the pan to form a bottom crust.

3. Bake the crust until it looks set, but not browned, about 15 minutes. Let cool on a wire rack.

4. To prepare raspberry filling: Sprinkle gelatin over 2 tablespoons water in a small bowl; let stand, stirring once or twice, while you prepare the rest of the filling.

5. Reserve 16 raspberries. Puree the remaining raspberries in a food processor until smooth. Transfer to a medium saucepan and stir in ½ cup sugar. Cook over medium heat until bubbling. Stir in the gelatin mixture and cook, stirring, until the gelatin is melted, about 1 minute.

6. Fill a large bowl with ice water. Pour the raspberry mixture into a medium bowl and set it in the bowl of ice water. Refrigerate, stirring occasionally with a rubber spatula, until the mixture thickens to the consistency of loose jam and is beginning to set around the edges, about 30 minutes.

7. Meanwhile, beat cream cheese, milk and confectioners' sugar in a medium bowl with an electric mixer until smooth.

8. Spread the thickened raspberry filling evenly over the crust. Dollop the cream cheese mixture over the filling. Draw the tip of a sharp knife or skewer through the two fillings to create a swirled effect. Nestle the reserved berries into the filling, evenly spacing them so each bar will be topped with a berry when cut. Refrigerate until the bars are completely set, about 3 hours. Cut into 16 bars, one raspberry per bar.

Per bar: 101 calories; 5 g fat (2 g sat, 2 g mono); 6 mg cholesterol; 14 g carbohydrate; 8 g added sugars; 2 g protein; 2 g fiber; 94 mg sodium; 64 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other), 1 fat

Tip: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat. Find it in the baking section of the supermarket or online.





Mini Greek Pizza Muffins

Makes: 2 dozen mini muffins

Active time: 30 minutes **Total:** 50 minutes

To make ahead: Store in an airtight container for up to 2 days. Serve at room temperature or reheat at 350°F.

Equipment: Mini-muffin pan with 24 (2-tablespoon) muffin cups.

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- 2 tablespoons extra-virgin olive oil
- $\frac{2}{3}$ cup finely chopped onion
- $\frac{2}{3}$ cup finely chopped red bell pepper
- $\frac{1}{3}$ cup whole-wheat pastry flour
- $\frac{1}{3}$ cup all-purpose flour
- 2 teaspoons baking powder
- $1\frac{1}{2}$ teaspoons chopped fresh oregano or $\frac{1}{2}$ teaspoon dried
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup low-fat milk
- $\frac{1}{3}$ cup crumbled feta cheese
- 1 large egg, well beaten
- 2 tablespoons tomato paste
- 2 tablespoons chopped kalamata olives

1. Heat oil in a large skillet over medium heat. Add onion and bell pepper; cook, stirring often, until the onion is tender, about 5 minutes. Transfer to a large bowl and let cool for 10 minutes.

2. Meanwhile, preheat oven to 400°F. Coat a mini-muffin pan with cooking spray.

3. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, oregano, sugar, garlic powder and salt in a medium bowl.

4. Stir milk, feta, egg, tomato paste and olives into the onion mixture. Make a well in the dry ingredients; add the wet ingredients and stir until just combined. Fill the prepared muffin cups two-thirds full.

5. Bake the muffins until lightly browned, 13 to 15 minutes. Cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm or at room temperature.

Per muffin: 39 calories; 2 g fat (1 g sat, 1 g mono); 11 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 1 g protein; 0 g fiber; 106 mg sodium; 36 mg potassium.

Carbohydrate Servings (for 2 muffins): $\frac{1}{2}$

Exchanges (for 2 muffins): $\frac{1}{2}$ starch, 1 fat

Turkey Rollups

Makes: 1 serving

Active time: 5 minutes **Total:** 5 minutes

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Satisfy your salty, crunchy and savory cravings in one punch with this quick snack.

- 2 slices deli turkey breast (about 1 ounce)
- 2 teaspoons honey mustard or mango chutney
- Freshly ground pepper to taste
- 2 sesame breadsticks

Spread each slice of turkey with 1 teaspoon mustard (or mango chutney) and season with pepper. Wrap each prepared turkey slice around 1 breadstick.

Per serving: 96 calories; 4 g fat (0 g sat, 1 g mono); 16 mg cholesterol; 11 g carbohydrate; 4 g added sugars; 5 g protein; 0 g fiber; 420 mg sodium; 108 mg potassium.

Carbohydrate Servings: 1

Exchanges: $\frac{1}{2}$ other carbohydrate, $\frac{1}{2}$ lean meat





Easy Slice & Bake Cookies

Makes: About 6 dozen cookies

Active time: 35 minutes

Total: 3 hours (including freezing time)

To make ahead: Store wrapped rolls of dough in the freezer for up to 3 months.

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It's quick and easy to mix together these slice-and-bake cookies whenever you need something sweet. The recipe makes enough dough so you can bake half and put the other half in the freezer—ready to pull out and bake up a few fresh cookies anytime.

- 1½ cups white whole-wheat flour
(see Tip)
- 1½ cups all-purpose flour
- ¼ teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup sugar
- 5 tablespoons canola oil
- 4 tablespoons unsalted butter,
at room temperature
- 2 large eggs
- 2 teaspoons vanilla extract
- Coarse sugar for decoration

1. Whisk white whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a medium bowl.

2. Beat sugar, oil and butter in a mixing bowl with an electric mixer on high until smooth, scraping down the sides. Add eggs and vanilla and beat until smooth, scraping down the sides. Add the flour mixture and mix on low speed until just combined.

3. Place half the dough on a large piece of plastic wrap and shape into a 10-inch log (it's OK if it's not perfectly round). Repeat with the remaining dough. Wrap and freeze until just firm, about 45 minutes. Reroll the logs to make them rounder and return to the freezer until very firm, at least 1 hour more.

4. Preheat oven to 350°F. Line a baking sheet with parchment paper or a silicone mat.

5. Remove one roll of dough at a time from the freezer and let stand at room temperature for 5 minutes. Unwrap the dough and slice crosswise into ¼-inch-thick rounds, turning the dough a quarter turn after each slice to help keep the cookies round. Place ½ inch apart on the prepared baking sheet. If your cookies aren't as round as you want them to be, shape the dough with your fingers. Sprinkle each cookie with a little coarse sugar and gently press it into the cookie to help it adhere.

6. Bake 8 minutes for soft cookies or 10 minutes for crisp cookies. Transfer to a wire rack to cool completely. Repeat with the remaining roll of dough, if desired.

Per cookie: 45 calories; 2 g fat (1 g sat, 1 g mono); 7 mg cholesterol; 7 g carbohydrate; 3 g added sugars; 1 g protein; 0 g fiber; 24 mg sodium; 9 mg potassium.

Carbohydrate Servings: ½

Exchanges: ½ carbohydrate (other), ½ fat

Tip: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online. Store it in the freezer.

Strawberry-Banana Smoothie Pops

Makes: 6 (4-ounce) pops

Active time: 10 minutes

Total: 6 hours 10 minutes (including freezing time)

To make ahead: Freeze for up to 3 weeks.

Equipment: Six 4-ounce freezer pop molds (see Tip)

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Turn a strawberry-banana smoothie, or your favorite blended concoction, into freezer pops for a cool treat.

- 2 cups frozen strawberries
- 1 medium banana
- 1 cup low-fat strawberry yogurt
or vanilla yogurt
- ½ cup cranberry juice cocktail
or pomegranate juice
- 1 tablespoon pure maple syrup

Place strawberries, banana, yogurt, juice and maple syrup in a blender and blend until smooth. Divide among six 4-ounce freezer-pop molds. Freeze until firm, at least 6 hours.

Per serving: 92 calories; 1 g fat (0 g sat, 0 g mono); 3 mg cholesterol; 21 g carbohydrate; 8 g added sugars; 2 g protein; 2 g fiber; 21 mg sodium; 237 mg potassium.

Nutrition bonus: Vitamin C (72% daily value).

Carbohydrate Servings: ½

Exchanges: ½ fruit, ½ carbohydrate (other)



Tip: If you don't have your freezer pop molds, divide the smoothie among small paper or plastic cups instead. Freeze until very thick, but not completely frozen, 1 to 2 hours. Insert frozen-treat sticks and continue freezing until completely firm, 4 to 5 hours more.

Devilish Egg

Makes: 1 serving

Active time: 5 minutes

Total: 5 minutes (not including boiling egg)

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A hard-boiled egg is a protein-packed snack on its own—give it a little more pizzazz with a bit of mayo and mustard on top.

- 1 teaspoon low-fat mayonnaise
- ¼ teaspoon whole-grain mustard
- Pinch of salt
- Pinch of freshly ground pepper
- 1 large hard-boiled egg (see *Tip*), peeled

Combine mayonnaise, mustard, salt and pepper in a small bowl. Cut egg in half and dollop the mayonnaise mixture on top.



Per serving: 91 calories; 6 g fat (2 g sat, 2 g mono); 213 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 6 g protein; 0 g fiber; 414 mg sodium; 68 mg potassium.

Carbohydrate Servings: 3

Exchanges: 3 starch, 2 vegetables, 1 lean meat, 1 fat

Tip: To hard-boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

Chocolate & Nut Butter Bites

Makes: 4 servings

Active time: 5 minutes **Total:** 5 minutes

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Sweet satisfaction in seconds.

- 8 ¼-ounce squares bittersweet chocolate
- 4 teaspoons almond, cashew or pistachio butter

Top each chocolate square with ½ teaspoon nut butter of your choice (almond, cashew, pistachio).



Per serving: 79 calories; 6 g fat (2 g sat, 1 g mono); 0 mg cholesterol; 9 g carbohydrate; 6 g added sugars; 1 g protein; 1 g fiber; 12 mg sodium; 20 mg potassium.

Carbohydrate Servings: ½

Exchanges: ½ other carbohydrate, 1 fat

Indoor S'Mores

Makes: 4 servings

Active time: 5 minutes

Total: 5 minutes

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You don't have to sit around a fire to enjoy S'mores. Just be sure to watch them carefully under the broiler—the marshmallows can go from perfectly toasted to charcoal in a hurry.

- 2 whole graham crackers, broken in half
- 4 marshmallows
- 2 tablespoons bittersweet chocolate chips, melted (see Tip)

1. Position oven rack in the upper third of the oven; preheat broiler.

2. Place graham cracker halves on a baking sheet; top each with 1 marshmallow. Broil, with the oven door ajar and watching carefully, until the marshmallows are golden brown, 45 to 75 seconds. Remove from the oven and drizzle each S'more with a little melted chocolate.

Per serving: 93 calories; 3 g fat (2 g sat, 0 g mono); 0 mg cholesterol; 17 g carbohydrate; 10 g added sugars; 1 g protein; 1 g fiber; 43 mg sodium; 11 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other)

Tip: To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.



Mango-Strawberry Jello Jigglers

Makes: 16 servings

Active time: 20 minutes

Total: 3½ hours (including chilling time)

To make ahead: Refrigerate for up to 3 days; unmold just before serving.

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These sweet mango-strawberry jello jigglers are fun to make and even more fun to eat. Great for an after school snack or a simple weeknight dessert.

- 2 cups mango juice
- 1 cup cold water
- 4 envelopes unflavored gelatin
- ⅓ cup sugar
- 1 cup cold orange juice
- 1 cup diced strawberries
- 1 cup diced mango

1. Bring mango juice to a boil in a small saucepan over high heat.

2. Meanwhile, pour water into a large heat-proof bowl. Sprinkle gelatin over the water; let stand for 3 minutes. Add the mango juice and stir to completely dissolve the gelatin, 2 to 3 minutes. Add sugar and stir for 1 minute to dissolve. Whisk in orange juice.

3. Refrigerate until the mixture is the consistency of thin pudding and is just starting to set around the edges, 1 to 1¼ hours. The time will vary depending on the size of your bowl and how cold your refrigerator is. After 1 hour, start checking every 5 to 10 minutes because it thickens quickly after that.

4. Gently but thoroughly whisk the mixture



until it's uniform. Stir in diced fruit. Pour into a 9-by-13-inch pan. Cover the pan with plastic wrap, without touching the jello.

5. Refrigerate until very firm, about 3 hours. To test if it's ready, touch it with your finger. If your finger does not stick, it's done.

6. Run a small, sharp knife around the edge of the pan. Cut into 16 squares then gently pry the squares out with a butter knife.

Per serving: 57 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrate; 10 g added sugars; 2 g protein; 1 g fiber; 5 mg sodium; 82 mg potassium.

Nutrition Bonus: Vitamin C (54% daily value), Vitamin A (17% dv).

Carbohydrate Servings: 1

Exchanges: ½ carbohydrate (other), ½ fruit

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)