



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

6 HEART-HEALTHY SNACKS

Lemon-Parm Popcorn: Whisk 2 teaspoons of extra-virgin olive oil, $\frac{1}{2}$ teaspoon lemon pepper, and a pinch of salt in a small bowl. Drizzle over 3 cups air-popped popcorn and toss to coat. Sprinkle with 1 tablespoon freshly grated Parmesan cheese and serve immediately. Makes: 2 servings, 1.5 cups each. Per serving: 99 calories.

Strawberry Banana Smoothie Pops: Place 2 cups frozen strawberries and 1 medium banana in a blender. Add 1 cup low-fat strawberry (or vanilla) yogurt, $\frac{1}{2}$ cup cranberry juice cocktail (or pomegranate juice) and 1 tablespoon maple syrup. Blend until smooth. Divide among six 4-ounce freezer-pop molds. Freeze until firm. Makes 6-4 ounce pops, 92 calories each.

Devilish Egg: Cut a hard-boiled egg in half. Combine 1 teaspoon low-fat mayonnaise, $\frac{1}{4}$ teaspoon whole-grain mustard and a pinch each of salt and pepper and dollop it in the egg. One serving: 91 calories.

Chocolate-Banana Grahams: Break 1 graham cracker square into 2 rectangles. Top each piece with $\frac{1}{4}$ teaspoon Nutella (or other chocolate-hazelnut spread), a slice of banana and a sprinkling of toasted shredded coconut. One serving is 71 calories.

Frogs on a Log: Spread 1 stalk celery with 1 tablespoon reduced-fat cream cheese (Neufchatel). Top with 5 pimiento-stuffed green olives. One serving: 62 calories.

Cottage Cheese Salad: Place $\frac{1}{2}$ cup low-fat cottage cheese and $\frac{1}{4}$ cup each chopped green bell pepper and chopped tomato in a small container. Sprinkle with 1 tablespoon minced scallion and a pinch each of salt and pepper. Makes one cup: 100 calories.

Source: Peter Jaret