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Prevent and Protect  
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## 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