



Snack Pack

Tame your family's between-meal munchies with a collection of sweet and savory heart-healthy snacks, packed with nutritious ingredients and satisfying flavor.

Find these and other American Heart Association recipes at [recipes.heart.org](https://www.recipes.heart.org).

uabmedicine.org/heart

SWEET POTATO NACHOS

Seasoned sweet potatoes make a delicious base for traditional nacho toppings. Try them for an after-school snack or gameday appetizer.

Servings: 6

Ingredients

- Cooking spray
- 3 medium sweet potatoes (about 1 pound), peeled and thinly sliced into 1/4-inch thick rounds
- 1 tablespoon olive oil
- 1 ½ teaspoons paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/3 cup no-salt-added black beans, rinsed and drained
- 1/3 cup low-fat shredded cheddar cheese
- 1/3 cup chopped tomato (1 medium Italian plum [Roma] tomato) OR 1/3 cup canned no-salt-added diced tomatoes, rinsed and drained
- 1/3 cup chopped avocado

Directions

- Preheat the oven to 425°F. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
- In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder, and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
- Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for 5-10 minutes or until crisp.
- Remove the pans from the oven. Sprinkle the beans and cheddar over the sweet potatoes. Bake for 2 minutes or until the cheddar melts.
- Sprinkle with the tomato and avocado.

Nutrition Facts

Calories: 209
Total fat: 5.5 g
Saturated fat: 1.5 g
Trans fat: 0 g
Polyunsaturated fat: 0.5 g
Monounsaturated fat: 3 g
Cholesterol: 5 mg
Sodium: 194 mg
Total carbohydrates: 34 g
Dietary fiber: 6 g
Sugars: 7 g
Protein: 6 g

RANCH-CHIVE POPCORN

All the traditional flavors of ranch dressing are in this super simple snack recipe.

Servings: 6

Ingredients

- 4 tablespoons canola or corn oil (divided use) OR 4 tablespoons safflower oil (divided use)
- 3/4 cup popcorn kernels
- 1 1/2 tablespoons dried chives (crumbled)
- 1 tablespoon dried parsley (crumbled)
- 1 teaspoon dried dill weed (crumbled)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

- In a large heavy pot, heat 1 tablespoon oil over high heat, swirling to coat the bottom. Add a few popcorn kernels. If they pop, the oil is at the proper temperature to pop the remaining kernels.
- When the oil is hot enough, quickly add the remaining popcorn kernels. Put the lid on the pot. Reduce heat to medium high. Heat the pot for 3-4 minutes or until the sounds of popping decrease, gently shaking the pot constantly while the kernels pop. Remove from the heat, keeping the lid on the pot (kernels may continue to pop).
- In a small bowl, whisk together the chives, parsley, dill weed, garlic powder, salt, pepper, and the remaining 3 tablespoons of oil.
- Carefully transfer the hot popcorn to a large bowl. Drizzle with the herbed oil, tossing to coat the popcorn.

Quick Tips

- As a timesaver, stir together an additional batch of the seasonings (chives, parsley, dill, garlic powder, salt, and pepper), so that you have it on hand for the next time you make this recipe. Store the seasoning mixture in an airtight container.
- Non-tropical oils such as canola, corn, safflower, and olive oil are heart-healthier alternatives to butter for drizzling over popcorn.
- As another flavoring option for your popcorn, try this lemon-herb seasoning blend, which comes in at only 2 mg of sodium per teaspoon: 2 tablespoons grated lemon zest, 1 teaspoon dried oregano, 1/2 teaspoon garlic powder, and 1/2 teaspoon dried rosemary.

Nutrition Facts

Calories: 184

Total fat: 10.5 g

Saturated fat: 1 g

Trans fat: 0 g

Polyunsaturated fat: 3.5 g

Monounsaturated fat: 6 g

Cholesterol: 0 mg

Sodium: 100 mg

Total carbohydrates: 20 g

Dietary fiber: 4 g

Sugars: 0 g

Protein: 3 g

CREAMY SPINACH FETA DIP

Sure it makes a tasty snack, but this yummy dip is so easy to make that it may become your go-to choice for family gatherings and parties.

Servings: 6

Ingredients

- 10.5 ounces frozen, chopped, packaged spinach
- 1/2 cup fat-free, plain yogurt
- 1/2 cup reduced-fat sour cream
- 1/2 cup fat-free feta cheese (crumbled)
- 1 teaspoon garlic (minced, from jar)
- 1/3 cup fresh, chopped parsley or dill OR 2 teaspoons dried parsley or dill
- 1/2 teaspoon black pepper
- 6 whole-wheat pitas (quartered)

Directions

- Cook the spinach according to the package directions. Drain well, pressing down with a fork to remove as much liquid as possible.
- In a medium bowl, stir together the spinach and all remaining ingredients except the pita bread. Refrigerate for 1 hour. Serve with pita bread.

Nutrition Facts

Calories: 64

Total fat: 2.5 g

Saturated fat: 1.5 g

Trans fat: 0 g

Polyunsaturated fat: 0 g

Monounsaturated fat: 0.5 g

Cholesterol: 8 mg

Sodium: 207 mg

Total carbohydrates: 6 g

Dietary fiber: 2 g

Sugars: 2 g

Added sugars: 0 g

Protein: 6 g

CHOCOLATE NUT COOKIE IN A MUG

Craving chocolate? Satisfy your sweet tooth in no time with this one-minute, no-sugar-added treat.

Servings: 1

Ingredients

- 1 tablespoon trans-fat-free tub margarine
- 10 drops chocolate-flavored liquid stevia sweetener
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon all-purpose flour
- 1 tablespoon egg white
- 1 tablespoon chopped walnuts OR 1 tablespoon chopped pecans

Directions

- Put the margarine in a small microwaveable mug, ramekin, or custard cup. Microwave on 100% power (high) for 10 seconds or just until the margarine is melted. Stir in the liquid stevia sweetener and the cocoa powder. Gradually stir in the flour until well blended. Stir in the egg white and nuts until well blended.
- Microwave on 100% power (high) for 45 seconds or until a wooden toothpick inserted in the center comes out clean.
- Let it cool for 5 minutes.

Nutrition Facts

Calories: 134

Total fat: 9 g

Saturated fat: 1.5 g

Trans fat: 0 g

Polyunsaturated fat: 3 g

Monounsaturated fat: 3.5 g

Cholesterol: 0 mg

Sodium: 135 mg

Total carbohydrates: 10 g

Dietary fiber: 1 g

Sugars: 0 g

Added sugars: 0 g

Protein: 4 g

AVOCADO AND COCONUT REFRESHER SMOOTHIE

With just three ingredients and three minutes, you'll be sipping a silky smooth snack or breakfast drink that's full of fruit and fiber.

Servings: 4

Ingredients

- 2 small avocados, peeled and pitted
- 3 cups unsweetened almond-coconut milk
- 3 cups frozen mango cubes

Directions

In a food processor or blender, process all the ingredients until smooth. Enjoy.

Nutrition Facts

Calories: 241

Total fat: 13.5 g

Saturated fat: 1.5 g

Trans fat: 0 g

Polyunsaturated fat: 2.5 g

Monounsaturated fat: 8.5 g

Cholesterol: 0 mg

Sodium: 140 mg

Total carbohydrates: 32 g

Dietary fiber: 9 g

Sugars: 22 g

Protein: 3 g

ALMOND SNACK MIX

This sweet and crunchy snack boasts plenty of fiber and heart-healthy fat. Once it's cooled, package it in single-serving bags, so it's ready to tuck into lunchboxes or grab on the way out the door.

Servings: 4

Ingredients

- 1/3 cup whole, unsalted almonds
- 2/3 cup whole-grain cereal squares
- 1/2 cup low-fat granola (without raisins)
- 1/4 cup dried apricot halves, cut into pieces OR 1/4 cup golden raisins
- 1/4 cup sweetened, dried cranberries

Directions

- Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5-10 minutes or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
- Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Quick Tips

- If all of the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins, as the moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure that the almonds are completely cooled when you add them to the mix, or they will make it soggy.
- The almond snack mix can be stored at room temperature in an airtight container for 3-4 weeks.

Nutrition Facts

Calories: 174

Total fat: 6.5 g

Saturated fat: 0.5 g

Trans fat: 0 g

Polyunsaturated fat: 1.5 g

Monounsaturated fat: 4.0 g

Cholesterol: 0 mg

Sodium: 72 mg

Total carbohydrates: 29 g

Dietary fiber: 5 g

Sugars: 14 g

Protein: 4 g

FROZEN YOGURT BARK

Packed with fresh summer fruit, this frozen delight is delicious and healthy. With calories coming in under 100 and very little added sugar, it's a cool, heart-healthy dessert on a hot summer day.

Servings: 8

Ingredients

- 1 ½ cups low-fat plain Greek yogurt
- 2 tablespoons honey or pure maple syrup
- 2 tablespoons chopped, unsalted almonds
- 1/2 cup finely chopped mango
- 1/2 cup blueberries
- 1/4 cup blackberries or raspberries, chopped if large

Directions

- In a medium bowl, whisk together the yogurt and honey until combined.
- Line a 13x9x2-inch baking dish with parchment paper. Using a spatula or knife, spread the yogurt mixture over the paper as thinly as possible.
- Sprinkle the almonds over the yogurt mixture. Using your fingertips, gently press the almonds into the yogurt mixture.
- Sprinkle the mango, blueberries, and raspberries over the yogurt mixture. Using your fingertips, gently press the fruit into the yogurt mixture.
- Cover the dish with plastic wrap or aluminum foil. Freeze overnight.
- At serving time, remove the baking dish from the freezer. Gently lift the parchment paper from the dish and transfer to a cutting board. Using your hands, break the bark into pieces (you may need to hit it lightly on the surface of the cutting board). It's best to eat the bark immediately. It begins to melt 15 minutes after being removed from the freezer.

Quick Tips

- Any leftover bark can be wrapped in parchment paper, put in a resealable plastic freezer bag, and frozen for up to one month.
- Most fruits can be used to make this bark, from pomegranate arils (seeds) in the fall to diced peaches in the summer.
- For different variations, try shredded and unsweetened coconut, sunflower, or pumpkin seeds, and/or chopped pecans or walnuts.

Nutrition Facts

Calories: 70
Total fat: 2 g
Saturated fat: 0.5 g
Trans fat: 0 g
Polyunsaturated fat: 0.5 g
Monounsaturated fat: 0.5 g
Cholesterol: 3 mg
Sodium: 15 mg
Total carbohydrates: 10 g
Dietary fiber: 1 g
Sugars: 9 g
Protein: 4 g

SNICKERDOODLES

Soft, chewy, and rolled in cinnamon, these “sugar” cookies have far less added sugar than traditional varieties.

Servings: 24

Ingredients

- 1 cup trans-fat-free tub margarine
- 1/4 cup stevia sugar blend plus 1 tablespoon stevia sugar blend (divided use)
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 3/4 teaspoon baking powder
- 3/4 teaspoon salt
- 1 ½ teaspoons ground cinnamon

Directions

- Preheat the oven to 400°F.
- In a large bowl, using an electric mixer on medium speed, beat the margarine, 1/4 cup stevia sugar blend, egg, and vanilla until smooth.
- In a medium bowl, stir together the flour, baking powder, and salt.
- Using the electric mixer on medium speed, gradually beat the flour mixture into the stevia sugar blend mixture just until moistened but no flour is visible.
- In a small bowl, stir together the remaining 1 tablespoon of stevia sugar blend and the cinnamon.
- Using your hands, shape the dough into 1 ¼-inch balls to make 24 cookies. Gently roll in the stevia sugar blend cinnamon mixture, coating lightly. Place about 2 inches apart on a large baking sheet or two small baking sheets. With the palm of your hand or a fork, lightly flatten each ball.
- Bake for 8-10 minutes or until the bottoms are browned.

Nutrition Facts

Calories: 91
Total fat: 5 g
Saturated fat: 1 g
Trans fat: 0 g
Polyunsaturated fat: 1 g
Monounsaturated fat: 2 g
Cholesterol: 8 mg
Sodium: 162 mg
Total carbohydrates: 11 g
Dietary fiber: 0 g
Sugars: 3 g
Added sugars: 3 g
Protein: 1 g



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