

MARCH 2025

Made From Scratch



Healthy Snacking

Opting for healthy snacks that are nutrient-dense, minimally processed, and have a good balance of protein, fiber, and healthy fats helps maintain a balanced diet between meals.

Alfredo bagel bites

Ingredients

- 6 100% whole-wheat mini-bagels
- 3 cups fresh cauliflower florets
- 1/4 cup fat-free Greek yogurt
- 1/4 tsp kosher salt
- 1 Tbsp minced garlic
- 1 3/4 cup shredded part-skim mozzarella cheese, divided



Directions

1. Preheat oven to 400°.
2. Line a baking sheet with parchment paper. Arrange bagel halves, insides facing up on the sheet.
3. Steam cauliflower for 3 minutes in a large microwave-safe bowl.
4. Transfer steamed cauliflower to a blender. Add yogurt, salt, garlic, and 1/4 cup mozzarella. Puree until smooth.
5. Spread cauliflower-yogurt Alfredo sauce evenly on bagels. Top with remaining cheese.
6. Bake for 15 minutes until the tops are golden. Allow to cool for at least 5 minutes before serving.

Servings: 6 | **Serving size:** 2 bagel halves | **Nutrition facts per serving:** Calories 229; Total fat 8g; Saturated fat 4g; Sodium 505mg; Carbohydrates 28g; Fiber 4g; Protein 15g

Recipe note: Alfredo sauce is transformed with cauliflower and Greek yogurt, making it a delicious option for a snack or lunch. Serve these bagel bites with a side salad for a complete and nutritious meal.

Apple raisin grahams

Ingredients

- 1 Tbsp low-fat cream cheese
- 1/2 cup raisins
- 1 cup apple, finely chopped
- Pinch of cinnamon
- 2 whole plain graham crackers

Directions

1. Mix cream cheese, raisins, apple, and cinnamon in a small bowl.
2. Put mixture on graham crackers. Serve.



Servings: 2 | **Serving size:** 1 graham cracker sheet | **Nutrition facts per serving:** Calories 213; Total fat 3g; Saturated fat 1g; Sodium 104mg; Carbohydrates 48g; Fiber 3g; Protein 3g

Cheesy baked veggie dunkers

Ingredients

- 1 cup cornflake cereal, crushed to 1/4 cup
- 3/4 cup cheese-flavored snack crackers, crushed to 1/2 cup
- 2 Tbsp grated Parmesan cheese
- 1/8 tsp garlic powder
- 1/8 tsp cayenne pepper (optional)
- 2 egg whites, slightly beaten
- 2 Tbsp water
- 1 small zucchini, cut into 1/4-inch thick slices
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 cup pizza sauce



Directions

1. In a shallow dish, stir together cornflakes cereal, cheese-flavored snack crackers, Parmesan cheese, garlic powder, and cayenne pepper (if desired).
2. In another small bowl, stir together egg whites and water. Dip zucchini, cauliflower, and broccoli into egg mixture. Roll in crumb mixture, gently pressing crumbs onto vegetables. Place on a baking sheet coated with nonstick spray. Bake at 400° for 8 to 10 minutes or until vegetables are crisp-tender.
3. Meanwhile, in a small microwave-safe bowl, heat pizza sauce on high for 30 seconds to 1 minute or until heated through. Serve as a dipping sauce with warm vegetables.

Servings: 8 | **Serving size:** 5 pieces | **Nutrition facts per serving:** Calories 80; Total fat 2.5g; Saturated fat 1g; Sodium 170mg; Carbohydrates 11g; Fiber 2g; Protein 4g

Pizza hummus

Ingredients

- 1 (16 oz.) can of chickpeas, drained and rinsed
- 1/4 cup tomato paste
- 1/4 cup water
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 Tbsp olive oil
- 2 Tbsp fresh lemon juice
- 1/4 cup shredded Parmesan cheese
- 1/4 tsp crushed red pepper flakes (optional)
- 1 clove of garlic, minced
- 1/4 tsp salt and pepper

Directions

1. Place all ingredients into a food processor and puree for 1 to 2 minutes until smooth and creamy.
2. If hummus is too thick, thin it with water, adding 1 tablespoon at a time until you reach the desired consistency.
3. Serve hummus as a dip for veggies and whole-grain crackers or as a spread on your favorite sandwich or wrap.
4. Store extra hummus in an airtight container in the refrigerator.

Servings: 6 | **Serving size:** 1/4 cup | **Nutrition facts per serving:** Calories 150; Total fat 5g; Saturated fat 1g; Sodium 401mg; Carbohydrates 20g; Fiber 1g; Protein 7g

Recipe note: For a dairy-free and vegan version, substitute 1/4 cup nutritional yeast for 1/4 cup Parmesan cheese.