

NATIONAL NUTRITION MONTH MARCH 2024

FAVORITE SNACKS FROM MICHIGAN DIETITIANS

“My favorite snack is a slice of whole wheat toast with almond butter and raspberry preserves. This snack is a great option which satisfies my sweet craving. I find it very filling due to the fiber, healthy fats, and protein content.” ~Andrea, Kalamazoo

Chocolate Smoothie

Ingredients:

- Half a frozen banana
- ¼ cup frozen blueberries
- 1/8 cup frozen spinach
- 1 TBSP sun butter (or peanut butter)
- 12 ounces soy milk (or milk, almond milk)
- ¼ cup dark cocoa powder

Directions:

Mix it in a blender. Makes one serving.

“I like this snack because it's filling, it tastes like chocolate milk with a hint of chocolate peanut butter ice cream, you get some fruits and veggies in your snack, it doesn't use added sugar, it is gluten free - dairy free - nut free.”

~Stephanie, Battle Creek

“My favorite healthy snack is a mozzarella string cheese stick paired with fresh strawberries. It's a super easy and delicious way to get in calcium and protein from the cheese, and strawberries are one of my favorite fruits. Plus, it makes me feel like Remy from Ratatouille when he describes how humans are experimental with food!”

~Tabor, Grand Rapids

“I personally love boiled eggs (farm eggs) and Mamma Chia or mixed nuts for an on-the-go snack. My other favorite snacks are pretty boring – veggies (raw carrots, cherry tomatoes & green beans right out of the garden) or fruit (Clementines, Raspberries, Michigan Apples – from the farm, and prune plums). I generally love good food. Home grown food to me always tastes better. I am fortunate to live in the farming area of Michigan. I also grew up (and still have) a large garden. There is nothing like eating a carrot right from the garden. I call cherry tomatoes nature’s candy. And of course, there is nothing like a fresh Michigan apple – Honey Crisps, Macs, Jonathon’s, Jonagold’. They are all delicious.”

~Lynette, Manistee

“Sourdough toast topped with a cottage cheese and tomatoes. I love the gut benefits of sourdough, since it's naturally fermented, it provides prebiotics and is easy to digest. The carbohydrate source helps to give me a boost of energy! The cottage cheese is high in protein which helps keep me full and satisfied, it also is a great source of calcium. Lastly, I love to top it with fresh slices of tomatoes, as it gives the snack a boost of flavor with the additional antioxidant benefits!” ~ Riley Kalamazoo

“Dry Plums (not prunes 😊) and any nuts. Prunes do not have a great reputation but contain an abundance of needed nutrients such as antioxidants, complex carbohydrates, fiber, potassium and iron. They are chewy, smokey and sweet, making them excellent “sweet tooth” fixing after a meal or as a snack option. They are very satisfying when combined with 2 to 3 walnuts or other nuts. If anybody needs help with regularity, they should come first !!!! Plus, you can count them as a fruit, what a deal!!!! If you hate the taste of regular prunes, they come flavored: lemon, cherry and so on. Do not wait, go get dry plums!”

~Evgeniia, Kalamazoo

Green Smoothie

Ingredients:

- 1 cup strawberries
- 1 cup spinach
- 1 green apple
- ½ avocado
- ½ Tbsp. flax seeds
- ½ Tbsp. chia seeds
- ½ cup almond milk
- ½ cup water

Directions:

Mix it in a blender until desired consistency.

“I love this smoothie! It keeps me feeling full and energized. It is excellent for gut health as well.

~Nicole, Livonia

Cheesy Grapes

Ingredients

- 4 ounces sliced almonds (about 1 cup)
- 1 package (8 ounces) cream cheese, softened
- 2 ounces crumbled blue cheese, room temperature
- 2 Tbsp. minced fresh parsley
- 2 Tbsp. heavy whipping cream, room temperature
- Appetizer skewers or toothpicks
- 1 to 1-1/4 pounds seedless red or green grapes, rinsed and patted dry.

Directions: Preheat oven to 275°.

1. Pulse almonds in a food processor until finely chopped (do not overprocess).
2. Spread in a 15x10x1-in. pan; bake until golden brown, 6-9 minutes, stirring occasionally.
3. Transfer to a shallow bowl; cool slightly.
4. In another bowl, mix cream cheese, blue cheese, parsley and cream until blended.
5. Insert a skewer into each grape. Roll grapes in cheese mixture, then in almonds; place on waxed paper-lined baking sheets. Refrigerate, covered, until serving.

“This cheese/grape snack is my absolute new favorite. I love snacks with a combination of textures and flavors and this one is the perfect mix of crunchy/juicy/creamy. I generally have them in the afternoon and the fiber and protein keep me satisfied until dinner.”

~Amy, Grand Rapids



A favorite healthy go-to snack of mine is 1 cut up banana topped with a tablespoon of chia “seeds and mixed with 1 tablespoon of peanut butter. I like this snack because it provides a sweet healthy treat while also providing me with a serving of fruit with some protein. The chia seeds add a crunch and some omega-3's.”
~ Annie, Kalamazoo

Almond Smoothies:

- 1 cup unsweetened vanilla almond milk
 - ½ cup spinach
 - ½ cup mixed berries
 - ¼ of a small banana
 - ½ tsp ground flaxseeds
 - ½ tsp chia seeds
- Blend and enjoy.

“This snack is my healthy favorite because it tastes great. Plus, I get vitamins/minerals from my fruits/vegetable combo & chia seeds/flaxseeds are good for your heart health.” Kimberly, Dearborn

My favorite snack is a slice of whole wheat toast with almond butter and raspberry preserves. This snack is a great option which satisfies my sweet craving. I find it very filling due to the fiber, healthy fats and protein content. ~Andrea, Kalamazoo

Apple slices and sliced cheese. My absolute favorite is a Fuji apple with pepper jack cheese. This is one of my favorites because its quick, easy, and balanced! I can slice up apples for the whole week, grab 1-2 slices of cheese at a time and pair together for a balanced and delicious snack that helps keep me full of energy for a couple of hours. ~Jamie, Kalamazoo

Carrot Cake or Muffins

Ingredients

- Olive oil spray (or canola oil spray)
- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- ¼ cup ground flaxseeds
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ cup brown sugar
- 1 tablespoon cinnamon
- ¼ teaspoon sea salt
- 1 egg
- ¾ cup calcium-fortified 100% pure orange juice
- ½ cup unsweetened applesauce
- 1 ½ cups carrots, grated
- ½ cup coconut, grated

Directions:

1. Preheat oven to 350°F (176°C); spray muffin pans with cooking oil spray.
2. Combine flour, flaxseed, baking powder, baking soda, brown sugar, cinnamon and sea salt in a bowl, and mix.
3. Add egg, orange juice and applesauce to the bowl, and mix thoroughly.
4. Fold in carrots and coconut until blended.
5. Spoon mixture into muffin tins, fill ⅔ full.
6. Bake for approximately 20 minutes, or until browned. Cool and enjoy!

“Who doesn't love a great tasting carrot cake? We had fun creating a delicious carrot cake muffin that's loaded with nutritious ingredients. This grab-and-go muffin makes the ultimate breakfast. It's loaded with whole wheat flour that contains insoluble fiber; flaxseeds that are high in omega-3 fatty acids; and carrots rich in antioxidants.”
~Rebecca, Battle Creek and Patricia, Charlotte

