

SNACKS TO FUEL YOU FAST

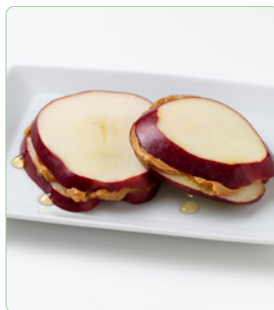


The bottom line on eating before or after a workout: Do what feels good to you. Whether you're in the mood for sweet or savory, these anytime mini meals for one are just the thing to give you a burst of energy whenever you need it.

NOTE: The **PointsPlus**® values for these snacks have been calculated using Simple Recipe Math. Simple Recipe Math calculates **PointsPlus** values in the same manner as our **PointsPlus** Tracker. You add up the **PointsPlus** value of each ingredient and then divide the result by the number of servings for the recipe, which in this case is just 1.

ON THE SWEET SIDE

PB and Apple Sandwiches



PointsPlus value per serving:



PointsPlus
value

▲ 1/2 large apple, cut into 4 thick, even slices	0
2 tsp peanut butter	2
1/4 tsp honey	0

Spread 2 apple slices with 1 teaspoon peanut butter each. Drizzle each with 1/8 tsp honey and top with another apple slice.

Blueberry Almond Oatmeal



PointsPlus value per serving:



PointsPlus
value


▲ 1/4 cup fresh blueberries	0
2 Tbsp plain unsweetened almond milk	0
▲ 1/2 cup cooked oatmeal	2
1 tsp slivered almonds	0
1 pinch ground cinnamon	0

Stir blueberries and milk into oatmeal; sprinkle with almonds and cinnamon (add sugar substitute to taste, if desired).

(▲ = Weight Watchers Power Food)



Maple-Cinnamon Baked Apple

PointsPlus value per serving: 

	PointsPlus value
▲ 1 large fresh apple	0
1 Tbsp maple syrup	1
1 Tbsp raisins, chopped	1
1 Tbsp fat-free whipped topping	0
1 pinch ground cinnamon or nutmeg	0

Core and slice apple; place on a plate. Drizzle apple slices with syrup and sprinkle with raisins; cover and microwave until apple is soft, about 3 to 5 minutes. Spoon whipped topping over apples and garnish with cinnamon or nutmeg.



Mini Strawberry Cheesecake Tarts


PointsPlus value per serving: 

	PointsPlus value
2 graham crackers	2
4 tsp light cream cheese	1
▲ 2 medium strawberries, sliced	0
1/8 tsp powdered sugar	0

Spread crackers with cream cheese and top with strawberry slices; garnish with sugar.



Yogurt Crunch Sundae

PointsPlus value per serving: 

	PointsPlus value
▲ 6 oz light artificially sweetened vanilla yogurt	2
▲ 1/4 cup fresh blueberries	0
2 Tbsp low-fat ready-to-eat granola cereal	1
▲ 1 medium strawberry, sliced	0

Top yogurt with blueberries; sprinkle with cereal and garnish with the strawberry.

SAVORY SNACKING



Greek Yogurt Ranch Dip

PointsPlus value per serving:



PointsPlus
value

▲ 1/2 cup fat-free plain Greek yogurt	1
1 Tbsp ranch seasoning mix	0
1 tsp chopped fresh chives	0
1 pinch black pepper	0
▲ 1 cup bell pepper strips	0

Combine yogurt with seasoning mix; thin out with water, if desired. Garnish with chives and black pepper; serve with peppers.



Buffalo Jicama Sticks

PointsPlus value per serving:



PointsPlus
value

▲ 1 cup raw jicama, cut into sticks	0
2 tsp hot pepper sauce, or to taste	0
1/4 tsp chili powder	0
2 Tbsp reduced-fat blue cheese dressing	1
1 tsp chopped fresh chives	0

In a bowl, toss together jicama, hot pepper sauce and chili powder. Put dressing in a very small bowl; sprinkle with chives. Dip jicama sticks into blue cheese dressing.



Curried Deviled Egg Celery Sticks

PointsPlus value per serving:



PointsPlus
value

▲ 1 large hard-boiled egg, chopped	2
1 tsp reduced-fat mayonnaise	0
1/4 tsp curry powder	0
▲ 1 medium celery rib, cut into two pieces	0
▲ 1 tsp sliced scallions	0

Mash egg with mayonnaise and curry powder; spoon into celery ribs and garnish with scallions.



White Pizza

PointsPlus value per serving:



PointsPlus
value

▲ 1/2 light English muffin	1
1 tsp pesto sauce	1
1 1/2 Tbsp shredded part-skim mozzarella	1
1 tsp minced fresh basil	0
1 pinch garlic powder and/or red pepper flakes	0

Lightly toast English muffin; spread with pesto. Sprinkle with cheese and broil until cheese melts; sprinkle with basil and garlic powder and/or red pepper flakes.



Homemade Raita

PointsPlus value per serving:



PointsPlus
value

▲ 1/2 cup fat-free plain Greek yogurt	1
▲ 1/4 cup shredded cucumber	0
1/2 tsp ground cumin, or to taste	0
1 pinch salt	0
1 pinch black pepper	0
1 tsp chopped fresh mint leaves	0
8 baked tortilla chips	2

Combined yogurt, cucumber and cumin in a small bowl; season to taste with salt and pepper. Garnish with mint; serve with chips.