

Mood Enhancing Snack Ideas

Snack Time Pizza

1 Serving

- 1 whole wheat English muffin, split
- 2 oz. smoked deli ham
- $\frac{1}{4}$ cup prepared pizza sauce
- $\frac{1}{4}$ cup part-skim milk mozzarella cheese



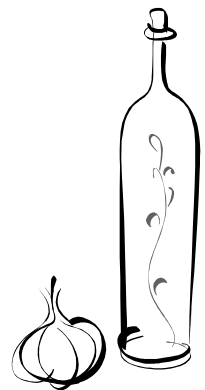
1. Toast the muffin halves in the toaster.
 2. Top each with sauce, ham and cheese.
 3. Microwave or broil for 30-60 seconds or until the cheese is melted. Enjoy!
- * Try adding $\frac{1}{4}$ cup drained pineapple tidbits to your pizza for extra flavor.

Nutrition information per serving: 290 calories, 7g fat, 3.5g saturated fat, 1250mg sodium, 33g carbohydrate, 4g fiber, 24g protein.

Hummus (chick pea dip)

2 cups

- 3 garlic cloves
- 1/4 tsp. salt
- 2 cups canned chick peas (garbanzo beans), drained and rinsed
- 3 T. tahini (sesame seed paste)
- 1/2 tsp. ground cumin
- 3 T. fresh lemon juice
- 1/4 cup water
- 2 T. extra virgin olive oil
- 1/4 cup fresh parsley leaves, coarsely chopped



On a cutting board, mince and mash the garlic. In a food processor (or blender) place the garlic, salt, chick peas, tahini, cumin, lemon juice, water and oil; process until smooth, about one minute. If too thick, add more water as needed to get desired consistency. Taste and add more lemon juice, salt or cumin as desired; sprinkle with the parsley and serve with whole wheat pita wedges or fresh vegetables.

Nutrition information per 2 Tbsp.: 70 calories, 3.5g fat, 0g saturated fat, 0 cholesterol, 125 mg sodium, 8g carbohydrate, 1g fiber, 2g protein.