



Wellness Buddy Wednesday Tip

Snack Machine Alternatives

Consider storing these treats in your desk drawer or refrigerator for a healthy snack option. Each one offers only 100 nutritious calories.

Apple Mousse: Mix a cup of unsweetened applesauce (50 calories) with 3 tablespoons of fat-free nondairy topping (45 calories), and $\frac{1}{4}$ teaspoon cinnamon. Make a batch and refrigerate in snack cups. Supplies 20% of your daily vitamin C and counts as 1 serving of fruit.



Café Mocha: Stir a packet of Swiss Miss No Sugar Added Hot Chocolate mix (60 calories) into hot coffee. It'll deliver 30% of your calcium, 6% of your iron, and even a gram of fiber.



Mexican Potato: Microwave a medium potato and slice in half (80 calories). Save 1 piece for tomorrow. Mash the other half inside the skin and top it with 2 tablespoons salsa (10 calories). Eat pulp and skin for 2 grams of protein and fiber, some vitamin C, and a little iron.



Happy Hour Combo: Mix $\frac{1}{2}$ cup of tomato juice (22 calories) with $\frac{1}{2}$ teaspoon Worcestershire sauce, 2 drops of Tabasco sauce, and a dash of lemon juice. Serve over ice with a celery stick and about a dozen dry roasted peanuts (about 60 calories). For 22 calories each you can have 2!



Veggies and Dip: Season ready-to-eat veggies — almost calorie free — with 2 tablespoons light ranch dressing (80 calories). Give broccoli and cauliflower florets, baby carrots, snap peas, pepper strips and baby squash a try. They offer fiber, vitamins, and protective phytonutrients.

