

Healthy Eating: Calorie-Trimmed Snack and Beverage Recipes

FROTHY APPLE COOLER / 59 calories per serving

1 1/2 cups apple juice, chilled
1/4 cup nonfat dry milk powder
1/4 teaspoon ground cinnamon
3 ice cubes

In blender container combine apple juice, milk powder, cinnamon and ice cubes. Cover and blend till smooth. Serve immediately. Makes 4 servings.

BANANA MILK SHAKE / 95 calories per serving

1 medium-large banana
1 cup skim milk
1/2 teaspoon vanilla

Peel banana; cut into 1-inch pieces. Wrap in foil and freeze. In blender container combine all ingredients and blend. Makes 2 servings.

OVEN FRIES / 145 calories per serving

2 medium potatoes
Non-stick vegetable spray coating

Bake potatoes in a 400 degree oven for 15 minutes. Remove and cool slightly. Cut each potato lengthwise into 8 sticks. Place on baking sheet sprayed with non-stick coating. Bake in 400 degree for 25-30 minutes or until golden brown. Makes 2 servings.

LOW-CAL SOUR CREAM / 13 calories per serving

1 1/2 cup low-fat cottage cheese
1/2 cup buttermilk
1 tablespoon lemon juice

Combine all ingredients in blender; cover and blend till smooth and creamy. Makes 1 3/4 cups or 28 one-tablespoon servings.



BANANA ORANGE YOGURT POPS / 115 calories per serving

2 egg whites
2 tablespoons sugar
1 ripe medium banana, mashed
2 8 oz. cartons orange yogurt (or any flavor)
6 wooden sticks

In a bowl, beat egg white till soft peaks form, gradually add the sugar, beating till stiff peaks form. Fold the egg white mixture and banana into the yogurt. Divide mixture among six 5-oz. paper drink cups and insert wooden stick in each. Freeze till firm. To serve, peel off the paper cups. Makes 6 servings.

LOW-CAL POTATO CHIPS / 73 calories per serving

2 medium potatoes
Non-stick vegetable spray coating

Scrub potatoes; do not peel. On slicing blade of hand-vegetable grater or food processor; cut potatoes into very thin slices. Place in ice water. Drain. Blot dry with paper towels. Place slices in a single layer on baking sheet sprayed with non-stick coating. Bake in 350 degree oven turning once. (If necessary, remove chips that are done and bake others a few minutes longer). Makes 4 servings.

CARROT BALL / 40 calories each

3 oz. Neufchatel cheese, softened
1/2 cup shredded cheddar cheese
1 teaspoon honey
1 cup finely shredded carrot
1/3 to 1/2 cup grape nuts cereal
2 tablespoons finely snipped parsley

In medium mixer bowl, beat cheese and honey together until blended. Stir in carrots. Cover and chill 30 minutes. Shape into 14 one-inch balls; cover and chill. Just before serving, roll balls in mixture of cereal and parsley, pressing the cereal mixture into cheese to coat.

