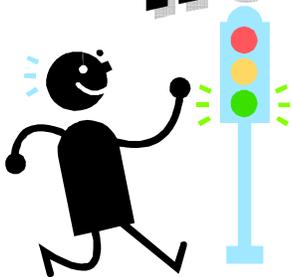


# Healthy Budget Cooking



## SNACKS: GRAB AND GO!!

### **GRANOLA WITH LOW-FAT YOGURT    MAKES 20 SERVINGS**

3 cups Rolled Oats  
½ cup Sunflower seeds, shelled  
½ cup Pumpkin seeds  
½ cup Almonds, chopped  
3 tablespoons butter, melted  
2 tablespoons vegetable oil  
2 tablespoons molasses  
¼ cup dark corn syrup

Nutrition Info with 8 oz Yogurt:

|           |          |
|-----------|----------|
| Calories: | 190      |
| Fat:      | 6 grams  |
| Protein:  | 7 grams  |
| Carbs:    | 27 grams |
| Sodium:   | 25 mg    |



1. Preheat oven to 400 degrees F
2. In a bowl, combine oats, seeds, and nuts
3. In a separate bowl, combine the remaining ingredients, stirring until well blended. Pour onto the oat mixture and mix well.
4. Spread the mixture in a shallow baking pan. Bake for about 15 minutes, stirring periodically, until it is dry.
5. Sprinkle over your favorite kind of Low-Fat Yogurt!



### **HUMMUS**

### **MAKES 10 SERVINGS**

1 15-ounce can Chickpeas (also called Garbonzo beans)  
1 clove fresh garlic, minced  
¼ cup Sesame Tahini  
1/3 cup Lemon Juice  
¼ teaspoon cayenne

Nutrition Info:

|           |          |
|-----------|----------|
| Calories: | 90       |
| Fat:      | 4 grams  |
| Protein:  | 3 grams  |
| Carbs:    | 12 grams |
| Sodium:   | 128 mg   |

1. Drain the chickpeas, saving the juice. Dump the beans into the food processor.
2. Add the remaining ingredients and blend until smooth. If the mixture is too thick, then add some of the bean juice; blend until it reaches the desired consistency.
3. Eat with whole-wheat pita wedges.

## PEANUTTY ENERGY BARS

**MAKES 16 BARS**



½ cup salted dry-roasted peanuts  
½ cup roasted sunflower seeds  
½ cup raisins or other dried fruit  
2 cups uncooked oatmeal  
2 cups toasted rice cereal, such as Rice Krispies  
½ cup peanut butter, crunchy or creamy  
½ cup packed brown sugar  
½ cup light corn syrup  
1 teaspoon vanilla

| Nutrition Info: |          |
|-----------------|----------|
| Calories:       | 225      |
| Fat:            | 9 grams  |
| Protein:        | 6 grams  |
| Carbs:          | 30 grams |

1. In a large bowl, mix together the peanuts, sunflower seeds, raisins, oatmeal, and toasted rice cereal and set aside.
2. In a medium microwaveable bowl, combine the peanut butter, brown sugar, and corn syrup. Microwave on high for 2 minutes. Add vanilla and stir until blended.
3. Pour the peanut butter mixture over the dry ingredients and stir until coated.
4. Spoon mixture into a 9" x 13" pan coated with cooking spray. Press down firmly to even out the mixture.
5. Let stand for about 1 hour, then cut into bars.

## SUGAR AND SPICE TRAIL MIX

**MAKES 10 SERVINGS**

3 cups oat squares cereal  
3 cups mini-pretzels  
2 tablespoons tub margarine, melted  
1 tablespoon packed brown sugar  
½ teaspoon cinnamon  
1 cup dried fruit or raisins

| Nutrition Info: |          |
|-----------------|----------|
| Calories:       | 200      |
| Fat:            | 2 grams  |
| Protein:        | 5 grams  |
| Carbs:          | 40 grams |

1. Preheat oven to 325 degrees F.
2. In a large resealable plastic bag or plastic container with a cover, combine oat squares and pretzels.
3. In a small microwaveable bowl, melt the margarine, then add the brown sugar and cinnamon. Mix well, then pour over the cereal mixture.
4. Seal the bag or container and shake gently until the mixture is well coated. Transfer bag to baking sheet.
5. Bake uncovered about 15-20 minutes, stirring once or twice.
6. Let cool, then add dried fruit.
7. Store in an airtight container or smaller single-serving bags.

