

Cracker Snacks

What to do:

- Spread hummus or bean spread on a low fat Triscuit square.
- Place 1-2 slices of apple on low fat Triscuit square, sprinkle with a low fat cheese.
- Heat in microwave for about 10 seconds.
- Enjoy!



(over for nutritional information)

Cracker Snacks (continued)

Approximate and average Nutrition Information:

Serving Size:	1 cracker with topping
Calories:	140 calories
Fat:	6 gm.
Carbohydrate:	15 gm.
Fiber:	2 gm.
Protein:	4 gm.
Sodium:	150 mg.



Recipe courtesy of Lifetime Health Medical Group