

FUN with healthy FOOD

Try making one of the nutritious snack ideas below!

Avo Taco: Mash an avocado with salsa and eat with 10-15 tortilla chips. Or, spread the mixture on a whole wheat tortilla, add some black beans, and roll it up.

Turkey Lettuce Roll Ups: Roll three slices of turkey with 1 tablespoon mustard or mayo and two leaves of romaine lettuce. Hold together with toothpicks.

