# Kitchenette Snack Ideas

## Zippy Pizza

*Ingredients:*

Whole wheat pita bread
Hummus spread
Carrots, sliced
Radishes, sliced
Cucumbers, sliced
Tomatoes, diced
Black Pepper

Spread hummus on pita and decorate with a variety of veggies and enjoy.

## Sweet and Cool Pizza

*Ingredients:*

Whole wheat pita bread
Low-fat cream cheese spread
Strawberries, sliced
Berries or Peaches, frozen
Bananas, sliced
Kiwi, sliced
Green apple, sliced

Spread cream cheese and top off with a variety of fruit. Try fruit flavored cream cheese.

## Snappy Dip and Chips

*Ingredients:*

Salsa, chunky style
Black beans, can, rinsed
Avocado
Baked pita or tortilla chips

Combine salsa, beans and avocado and enjoy with a chip. Other ingredients to add to the dip corn, mango, kidney beans.