

South of the Border Pizza



Say olé to this easy pizza variation made with salsa and Cheddar cheese and served on an English muffin half.

Carbohydrates—15g

Adapted from The Diabetes Snack, Munch, Nibble, Nosh Book, copyright 1998 by the American Diabetes Association

Ingredients

- ◆ Scant 1/4 cup mild or medium salsa
- ◆ 1/4 cup shredded reduced-fat Cheddar cheese
- ◆ 1 whole-wheat English muffin

Directions on back -->

Hawaiian Pizza



Here's a fun "pizza" made with fruit instead of tomato sauce and cheese.

Carbohydrates—19g

Adapted from The Diabetes Snack, Munch, Nibble, Nosh Book, copyright 1998 by the American Diabetes Association

Ingredients

- ◆ 1 whole-wheat or oat bran English muffin or 2 small whole-wheat pita bread rounds
- ◆ 1/4 cup fat-free vanilla yogurt
- ◆ 1/3 cup sliced fresh strawberries
- ◆ 3 Tbsp juice-packed crushed pineapple, well-drained

Directions on back -->

Banana Pops



Frozen banana pops are a snap to make and taste a lot like ice cream. For extra pizzazz, drizzle them with chocolate syrup before serving. The recipe calls for using Popsicle sticks. If they are unavailable, the end of each pop can be held in a folded piece of plastic wrap.

Carbohydrates—17g

Adapted from The Diabetes Snack, Munch, Nibble, Nosh Book, copyright 1998 by the American Diabetes Association

Ingredients

- ◆ 6 small ripe bananas
- ◆ 6 popsicle sticks
- ◆ 6 Tbsp chocolate syrup (optional)

Directions on back -->

Easy Caramel Popcorn



The directions call for finishing this easy popcorn snack by baking it to harden the syrup. If you don't mind sticky popcorn, you can skip the baking step. In any case, be sure to cool the popcorn before serving, as hot syrup can burn your mouth.

Carbohydrates—11g

Adapted from The Diabetes Snack, Munch, Nibble, Nosh Book, copyright 1998 by the American Diabetes Association

Ingredients

- ◆ 10 cups popped low-fat microwave popcorn
- ◆ 6 caramel candies, cut into small pieces
- ◆ 2 Tbsp dark or light corn syrup
- ◆ 1/2 Tbsp water

Directions on back -->

Directions

1. For each pop, carefully insert a popsicle stick into the bottom of 1 banana, burying about half of the stick. Wrap each banana individually in plastic wrap, and freeze for at least 6 hours.
2. To serve, unwrap each banana, and eat like a Popsicle. If desired, lay each banana on a plate and drizzle with 1 Tbsp of chocolate syrup before serving. To combat dripping chocolate, hold the pop over the plate while eating it.
3. Frozen banana pops will keep in the freezer, tightly wrapped, for 2 to 3 weeks.

Calories.....	66
Total Fat.....	.0g
Saturated Fat.....	.0g
Calories from Fat.....	.3
Cholesterol.....	0mg
Sodium.....	1mg
Dietary Fiber.....	.2g
Sugars.....	11g
Protein.....	.1g
Exchanges.....	1 fruit

Directions

1. Divide the salsa evenly between the English muffin halves, and spread it evenly over each half.
2. Sprinkle the cheese evenly over the two halves.
3. Toast the muffin halves in a toaster oven until the cheese melts.

Calories.....	165
Total Fat.....	.7g
Saturated Fat.....	.4g
Calories from Fat.....	.61
Cholesterol.....	20mg
Sodium.....	426mg
Dietary Fiber.....	.2g
Sugars.....	.4g
Protein.....	12g
Exchanges.....	1 Starch 1 Medium Fat Meat

Directions

1. Preheat the oven to 350 degrees. Spray a large jelly roll pan or rimmed cookie sheet with nonstick spray coating, and set aside. Place the popcorn in a large ceramic or glass bowl. And set aside.
2. In a 1-cup measure or similar microwave-safe bowl, combine the caramels, syrup, and water. Cover with wax paper and microwave on high power for 40 seconds. Stir. Microwave for an additional 30 seconds until the caramels are completely melted.
3. Being very careful to keep fingers away from the hot syrup, slowly pour the caramel mixture over the popcorn, stirring with a large wooden spoon to coat evenly. Spread the popcorn evenly on the prepared baking pan. Bake the popcorn for 4 to 6 minutes until the syrup hardens slightly.
4. Cool before serving, or store tightly covered at room temperature. Leftover popcorn will keep for 4 to 5 days.

Calories.....	53
Total Fat.....	.1g
Saturated Fat.....	.0g
Calories from Fat.....	.7
Cholesterol.....	1mg
Sodium.....	59mg
Dietary Fiber.....	.1g
Sugars.....	.6g
Protein.....	.1g
Exchanges.....	1/2 Carbohydrates

Directions

1. Toast the muffin halves. Spread the yogurt.
2. Spoon the strawberries on the muffin halves.
3. Sprinkle with the crushed pineapple.

Calories.....	95
Total Fat.....	.1g
Saturated Fat.....	.0g
Calories from Fat.....	.8
Cholesterol.....	1mg
Sodium.....	128mg
Dietary Fiber.....	.2g
Sugars.....	.7g
Protein.....	.4g
Exchanges.....	1 Starch 1/2 Fruit