“Cocoa-Nut” Bananas. Dip banana in low-fat yogurt, then roll in cocoa and coconut shavings.

Apple Slices with almond or peanut butter.

Monte Carlo Mix. Turkey, Swiss cheese and grapes on crackers.

Fruit Pizza. Apple slices, strawberry jam, shredded coconut, dried cranberries and chocolate chips.

Vegetable Kabobs with low-fat cheese cubes.

Rice Cakes with low-fat veggie cream cheese OR peanut butter.

Hummus and vegetables.

Apple Slices with peanut butter, coconut and dark chocolate chips.

Bean and Cheese Quesadilla. Whole grain quesadilla, low-fat cheese, and black beans. Serve with salsa.

Frozen Raspberries stuffed with Nutella.

Rocky Road. Graham crackers dipped in low-fat chocolate pudding and a few mini marshmallows.

Easy Apple Cobbler. Oatmeal, apples, and cinnamon spice.

Fruit Salad with coconut flakes and honey.

Ants on a Log. Celery, peanut butter and raisins.

Smoked Turkey Pinwheels. Spread a layer of softened cream cheese on sliced smoked turkey breast and top with thinly sliced tomato. Roll up and cut into 1-inch pieces.

Baby Banana Splits. Slice up one banana. Add a small slice of strawberry to each piece. Top with low-fat whipped cream.

Tuna Salad (prepared with Greek yogurt) and whole wheat crackers.

Spicy Roasted Chickpeas. Toss canned chickpeas in olive oil, Sriracha sauce and honey. Bake until crispy.

Italian Tomatoes. Slice tomatoes and sprinkle with low-fat mozzarella cheese and basil. Bake until cheese is melted. Add pepper to taste.

Half a Sandwich on 100% whole-grain bread with lean meat, mustard and vegetable cream cheese.

Fruit Smoothie (fresh fruit, yogurt, ice, 100% fruit juice).

Low-fat Cottage Cheese with honey and fruit OR seasoned and dipped with vegetables.

Cheese Melt. Spread ½ teaspoon of spicy mustard on a small slice of thin whole-grain rye bread. Add a thin square of sharp and broil until the cheese melts, then top with a slice of tomato.

Hot Potato. Very small baked (or microwaved) potato topped with salsa and light sour cream.