Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Simplify Your Festivities with SNACK BOARDS!

A simple way to satisfy many taste preferences and still serve up some healthier options is a snack board featuring a variety of items. From whole grains to fruits, vegetables, dairy and proteins (meat, eggs, nuts, etc.) you can build a balanced meal with the right combination of snack board items. Plus, they don't have to take a lot of time to prepare. Just rinse and chop up some fruits and vegetables. You can buy other packaged ingredients already prepared (hard cooked eggs, deli meat slices, cubed and sliced cheese). The great thing about preparing a snack board is that there's no look of perfection – random assembly is totally acceptable!

Simple Snack Boards Sample Ingredients:

- Hard cooked eggs
- Strawberries
- Colby Jack cheese cubes
- Deli ham & turkey slices
- Cheddar cheese slices, quartered
- Bell peppers, thinly sliced
- Apple, cored and thinly sliced
- Baby carrots
- Dark chocolate-covered pretzels
- Pretzel crisps
- Red grapes
- English cucumber, thinly sliced
- Whole-grain crackers
- Roasted whole cashews and/or peanuts
- Hummus
- Yogurt dip
- Caramel dip

If anyone has food allergies or gluten issues, you can remove the grain and nut items entirely or display them separately to eliminate cross-contamination.

Yogurt Dip

- 1/2 cup plain low-fat Greek yogurt
- 1/4 cup sunflower butter
- 2 Tbsps. honey
- 1/4 tsp. ground cinnamon

In medium bowl, whisk yogurt, sunflower butter, honey and cinnamon. Makes about 3/4 cup.

Better-for-You Caramel Dip

- 1 cup pitted medjool dates
- 1/2 cup refrigerated unsweetened coconut milk
- 1-1/2 Tbsps. maple syrup
- 1/2 tsp. vanilla extract
- 1/4 tsp. fine sea salt

In blender, purée all ingredients on high until smooth. Makes about 1-1/4 cups.