

Healthy party snacks for everyone



In the mood for a party snack, but don't want to sacrifice your healthy eating plan? No problem! Here are three simple, healthy snacks that you can prepare to satisfy your craving.

Quesadillas pequeñas (makes one serving)



Ingredients

- ¼ small avocado
- 2 lean slices of low-sodium deli turkey
- 2 (¾ oz) slices of American cheese
- 6 whole wheat crackers

Preparation

Cut the avocado in half. Remove the pit. Slice the avocado flesh into thick ribbons and remove three of them from the skin. Top three crackers with one avocado slice each. Then cut up the cheese into three equal parts. Do the same with the turkey slices. Add these portions of cheese and turkey to each avocado cracker. Add another cracker on top of each to make a mini sandwich.

You can microwave on high for 15-25 seconds if you like your snack warm.

Nutrition information per serving

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein	Potassium
350	14 g	5 g	480 mg	60 mg	21 g	6 g	1 g	24 g	509 mg

Mini caprese (makes one serving)



Ingredients

- 1 low-fat string cheese
- 3-4 cherry tomatoes
- 3-4 basil leaves

Preparation

Rinse your basil leaves and cherry tomatoes and let dry. Break up your string cheese into three or four equal bites. With a toothpick, skewer one string cheese chunk, one tomato and one basil leaf.

Nutrition information per serving

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein	Potassium
64	3 g	2 g	160 mg	10 mg	3 g	1 g	2 g	7 g	147 mg

Niçoise bites (makes one serving)



Ingredients

- 1 egg
- ¼ cup green beans
- ¼ cup cherry tomatoes
- 1 tsp extra-virgin olive oil
- A pinch of salt and pepper

Preparation

Rinse the green beans and cherry tomatoes. Then boil beans. In a separate pot, boil the egg until it floats. While waiting for these to boil, chop each cherry tomato in half. After the egg and beans are done boiling, shell and peel the egg, then cut it into bite-sized morsels. Cut the stringy ends from the beans.

Mix in a small bowl, drizzle with extra-virgin olive oil, and sprinkle with salt and pepper.

Nutrition information per serving

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein	Potassium
138	10 g	2 g	219 mg	186 mg	5 g	2 g	3 g	7 g	292 mg

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