

Simple+ Cheap+ Nutritious Snacks

Pita Pizza:

Ingredients:

- 1 whole wheat pita round
- ¼ cup pizza sauce
- ¼ cup grated mozzarella or Monterey Jack

Directions:

1. Preheat oven or toaster oven to 400 degrees F.
2. Lay pita round on baking sheet. Pour pizza sauce on each round and spread it evenly. Top with grated cheese.
3. Bake until the cheese is bubbly and golden brown, about 6 to 8 minutes.
4. Enjoy!

Microwave “Baked” Apple:

Ingredients:

- 1 medium apple
- 1 tablespoon raisins and/ or nuts
- About 1/16 teaspoon cinnamon
- 2 teaspoons honey

Directions:

1. Place raisins in a heat-proof bowl and pour boiling water over them. Allow them to soak until plump and remain in soaking liquid until you are ready to cook.
2. Wash the apple and remove most of the core, leaving about 1/4-inch at the bottom. Remove a thin strip of peel from around the cavity. Place the apple into a deep microwave-safe baking dish or bowl. Sprinkle the inside with cinnamon and fill with drained raisins. Pour a teaspoon of the soaking water over the raisins and drizzle the honey over the raisins

3. Microwave, uncovered, on high power until apple is tender, 3-5 minutes, testing with a fork after 3 minutes. Allow to cool for 5 minutes before serving. (Caution: Inside can be very hot, so do let them cool before eating.)

Whole Wheat Banana Bread:

Ingredients:

- 1/3 cup vegetable oil
- ½ cup honey
- 1 teaspoon vanilla extract
- 2 eggs
- 1 cup mashed bananas
- 1 ¾ cup whole wheat flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- ¼ cup hot water

Directions:

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, beat oil and honey together. Add eggs, and mix well. Stir in bananas and vanilla. Stir in flour and salt. Add baking soda to hot water, stir to mix, and then add to batter. Blend in chopped nuts. Spread batter into a greased 9x5 inch loaf pan.
3. Bake for 55 to 60 minutes. Cool on wire rack for 1/2 hour before slicing.

References:

<http://www.foodnetwork.com/recipes/emeri-lagasse/eat-a-pita-pizza-recipe/index.html>

<http://blog.fatfreevegan.com/2010/01/microwave-baked-apples-two-ways.html>

<http://allrecipes.com/Recipe/Whole-Wheat-Banana-Nut-Bread/Detail.aspx>