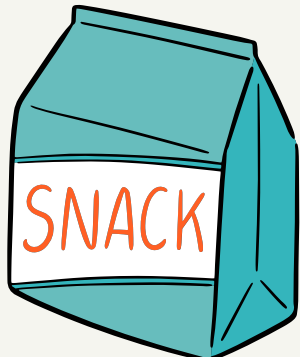


SoulFIRE Health

**EASY**

**SUPER SNACKS**



HERE ARE SOME  
SUPER IDEAS FOR A  
QUICK MINI-MEAL  
WHENEVER HUNGER  
STRIKES AT HOME!

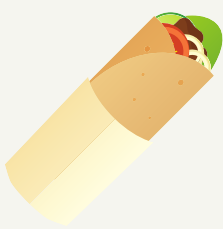


**HEALTHY NACHOS  
MADE WITH A  
SERVING OF BAKED  
CORN CHIPS, SALSA  
AND 1/4 CUP OF  
SHREDDED  
MOZZARELLA  
CHEESE ZAPPED IN  
THE MICROWAVE**

**FRUIT SMOOTHIE  
MADE WITH 1/2  
BANANA, 1 CUP FAT-  
FREE FROZEN  
YOGURT, 1 CUP  
FROZEN FRUIT,  
THEN BLENDED.**



**BLACK  
BEANS MIXED  
WITH SALSA  
AND PUT ON  
A WARM  
WHOLE-  
WHEAT  
TORTILLA**

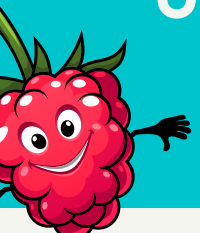


**APPLE  
WEDGES OR  
CELERY  
STICKS WITH  
A  
TABLESPOON  
OF PEANUT  
BUTTER**

**BABY  
CARROTS  
AND  
COLORFUL  
VEGETABLES  
WITH A  
GREEK  
YOGURT DILL  
DIP**



**CUT UP FRUIT  
SECTIONS  
(APPLES,  
ORANGES, KIWI,  
STRAWBERRIES  
OR MELONS)**



**A BOWL OF  
LIGHTLY  
BUTTERED  
POPCORN  
SPRINKLED  
WITH PAPRIKA**



**SoulFIRE Health**

Healthy living. Healthy behaviors.