

## Healthy Snacks

A snack is good...and a healthy snack is even better! Try these!

### PB&J Waffles

#### Ingredients

- Mini or Regular Waffles
- Banana slices
- Peanut butter
- Jelly

#### Directions

1. Toast waffle.
2. Layer with peanut butter, jelly, banana slice, and top with a waffle.

### Pizza Bread Sticks

You might need a little bit of help with these.

#### Ingredients

- 1 your favorite pizza dough
- 1 8 oz jar prepared pizza sauce
- Garlic salt
- Oregano
- 1 tablespoon olive oil (or butter, melted)

#### Directions

1. Cut pizza dough into 1" x 6" strips.
2. Place on a greased cookie sheet about ½ inch apart.
3. Brush with olive oil and season with garlic salt, oregano to taste.
4. Bake at 350 degrees Fahrenheit for 11 to 17 minutes or until golden brown.
5. While these are in the oven, heat the pizza sauce.