



# Mona's 5 Favorite Snacks!



**MONA DOLGOV**

Trusted Nutritionist, Author + Culinary Marketing Strategist

Prep Time: 10 minutes

## Avocado Toast with Tomato & Basil

Makes 1–5 Slices Avocado Toast

### Ingredients:

1 medium Haas avocado, pitted  
1/2 teaspoon fresh lemon juice  
Salt and pepper

### PER SLICE

1 slice light wheat bread  
2 slices fresh tomato  
Garlic powder  
2 basil leaves

### Directions:

1. Scoop avocado out of the peel and place in a small mixing bowl. Use a heavy fork to mash the avocado until it is spreadable, but still chunky.
2. Add the lemon juice to the avocado and season lightly with salt and pepper to taste.
3. Toast the wheat bread to your liking.
4. Spread 1/5 of the mashed avocado onto the toasted wheat bread. Cover and refrigerate any unused avocado for up to 3 days.
5. Top the avocado toast with 2 slices of fresh tomato and lightly season the tomato with the salt, pepper, and garlic powder. Place fresh basil leaves over the tomato before serving.

**Helpful Tip:** This recipe makes enough mashed avocado to prepare five slices of avocado toast. If you are preparing all five slices at once, you will need about two small tomatoes to make the 10 slices of tomato needed.

100 Calories = 1 Slice

Recommended Serving: SNACK – 100 Calories



Prep Time: 5 minutes • Cook Time: 20 minutes

## Hot Cocoa Pretzels

Makes 10 Snack Portions

### Ingredients:

100 mini pretzels (about 4 packed cups)  
1 large egg white, beaten  
1/2 teaspoon vanilla extract  
1/2 cup sugar  
3 tablespoons cocoa powder



### Directions:

1. Preheat the oven to 275°F and line a sheet pan with parchment paper.
2. In a large mixing bowl, toss the pretzels in the egg white and vanilla extract until all are evenly coated.
3. In a separate bowl, combine the sugar and cocoa.
4. Add 2/3 of the cocoa and sugar mixture to the pretzels and toss until well coated.
5. Spread the coated pretzels in a single layer on the paper-lined sheet pan and sprinkle the remaining 1/3 of the cocoa and sugar mixture over the top.
6. Bake for 20 minutes, flipping pretzels halfway through. Let cool for 10 minutes before serving.

**Helpful Tip:** You can use either salted or unsalted mini pretzels in this recipe, but salted pretzels add a nice contrast to the sweet cocoa coating.

100 Calories = 10 Pretzels

Recommended Serving: SNACK – 100 Calories

Prep Time: 15 minutes • Bake Time: 15 minutes

## Crispy Kale Chips

Makes 3 Snack Portions

### Ingredients:

- 1 bunch kale, washed and dried
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1 1/2 tablespoons grated Parmesan cheese

### Directions:

1. Preheat the oven to 350°F.
2. Remove the leaves from the stems of the kale and break into bite-size pieces. Discard stems.
3. In a large mixing bowl, toss the kale pieces in the olive oil, salt, pepper, and garlic powder to coat.
4. Spread the coated kale pieces on a sheet pan in a single layer and bake for 15 minutes, or until the edges of the kale have browned.
5. Sprinkle the baked kale with Parmesan cheese and let cool for 5 minutes before serving.

**Helpful Tip:** Kitchen scissors make quick (and very precise) work of removing the kale leaves from the stems.

100 Calories = 1 Cup

Recommended Serving: SNACK – 100 Calories



Prep Time: 10 minutes

## Fantastic Fruit Parfaits

Makes 2 Parfaits

### Ingredients:

- 1/2 cup sliced strawberries
- 1/2 cup vanilla nonfat Greek yogurt
- Ground cinnamon
- 1/2 cup blueberries
- 2 teaspoons miniature semi-sweet chocolate chips

### Directions:

1. Set out two martini or parfait glasses.
2. Place the sliced strawberries evenly between the two glasses.
3. Place a large dollop of the yogurt into each of the two glasses and sprinkle lightly with ground cinnamon.
4. Top the yogurt in each glass with an equal amount of the blueberries.
5. Top the blueberries in each glass with another large dollop of yogurt and sprinkle lightly with ground cinnamon. Top each parfait with 1 teaspoon of miniature chocolate chips before serving.

**Helpful Tip:** Plain Greek yogurt can be used in place of the vanilla, and can save some calories too.

100 Calories = 1 Parfait

Recommended Serving: DESSERT – 100 Calories





Prep Time: 5 minutes • Cook Time: 5 minutes

## Stovetop Popcorn

Makes 8 Snack Portions

### Ingredients:

3 tablespoons extra-virgin olive oil

1/2 cup popcorn kernels

1/2 teaspoon popcorn salt (see tip)

### CRACKED PEPPER AND ROSEMARY

1/2 teaspoon cracked black pepper

1 tablespoon finely chopped fresh rosemary

### GARLIC AND OREGANO

1/4 teaspoon garlic powder

1 1/2 tablespoons fresh chopped oregano

### TEX-MEX SPICED

1/2 teaspoon chili powder

1/4 teaspoon ground cumin

### Directions:

1. Add the oil to a heavy 6-quart pot over medium-high heat.
2. Allow the oil to heat for 1 minute before adding the popcorn kernels and covering immediately.
3. Keep the pot covered and let sit until you hear the first kernel pop. Once popcorn has begun to pop, shake the pot from side to side while still keeping it over the heat.
4. When popping slows to 3–4 seconds between kernels, remove from heat and shake for at least 10 more seconds before removing lid.
5. Immediately transfer the popcorn to a large bowl and season with salt and your desired add-ins.

Helpful Tip: Popcorn salt or “superfine salt” is recommended to better stick to the popcorn, but ordinary table salt can be used if it is the only salt you have on hand. You can also make your own popcorn salt by processing table salt in a spice grinder or small blender/food processor for 1 minute.

100 Calories = 2 Cups

Recommended Serving: SNACK – 100 Calories

