

Make it Bite-Size

FamilyFun's clever, healthy snack ideas

SHRUNKEN SANDWICHES

2 slices ham
2 slices low-fat cheese
12 mini crackers, such as Ritz Bits

Cut ham and cheese (six from each slice) into small rounds the size of the mini crackers. A clean medicine bottle makes a good cutter. Place a ham round on six of the crackers, then add the cheese. Cover each with another cracker. Serves 2.

SEA SHELLS

8 jumbo pasta shells
1 cup tuna or egg salad filling
1/2 cup grated cheese (optional)

Cook the pasta shells. Drain and rinse in cold water. Fill each shell with tuna or egg salad, then sprinkle with grated cheese, if desired. (Or stuff the filling into hollowed-out cherry tomatoes, green peppers or cream puff shells.) Serves 4.

PEANUT BUTTER PINWHEELS

Spread creamy or chunky peanut butter and a little bit of honey on a fresh flour tortilla (available in the refrigerator section of most grocers). Sprinkle with granola, roll up the tortilla, then slice it into bite-size pinwheels.