

Cucumber Boats**Ingredients:**

- 1 cucumber, peeled,
- 3/4 cup cottage
- 2 tablespoons basil,
- 2 tablespoons
- Salt and Pepper - to



halved and seeds scooped out
cheese
chopped
cilantro, chopped
taste

Directions:

Peel a cucumber - all the way if you want, or just some. I tend to only peel about half of it. That sounds weird. What I mean is that I only take off about every other half inch of skin on the cucumber. Even that sounds weird. You'll just see in the pictures. Anyway, slice it in half and using a spoon scoop out all the seeds. Think ants on a log when you are doing this.

Mix together the cottage cheese, basil, salt and cilantro and fill the hollowed out area. I topped mine with the cracked pepper

Frozen Nutty Banana Nibblers**Ingredients**

- 5 medium ripe bananas
- 1 tbsp. all natural creamy peanut butter
- 2 oz. nonfat vanilla Greek yogurt

Directions

Peel one banana and mash it with the peanut butter and yogurt. Set aside.

Peel the other four bananas. Slice into half-inch thick slices. Smear the banana, peanut butter, and yogurt mixture on half the banana slices and top with the other halves, making banana sandwiches.

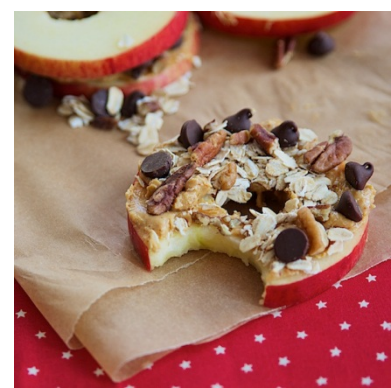
Place on a wooden cutting board or a plate and freeze for at least two hours.

**Gluten-Free Banana Crisps****Ingredients:**

- 2 rice cakes
- 1 organic banana
- almond butter or peanut butter
- Cinnamon

Directions:

Cover rice cakes in almond butter, add sliced banana and sprinkle with cinnamon.

Loaded Apple Slices

Ingredients:

- Apples
- Peanut Butter
- Granola

Directions:

1. Wash apples and remove core. Slice apples crosswise into 4-5 slices (depending on size of the apple).
2. Cover with roughly 2 teaspoons of peanut butter.
3. Top apple with granola and enjoy!