

Sweet Snacks

Sometime you have just got to satisfy that sweet craving without resorting to completely calorie dense and nutritionally void junk. Here are a few suggestions:

Dried fruit and almonds

There are a great variety of dried fruit available, the ones I like that go very well with almonds, walnuts and pecans are; cranberries, figs and Californian dates.

Instead of a dessert after a meal put out some figs and pecans or cranberries and walnuts

Stuffed Dates

You can stuff a date with a couple of almonds or walnuts and 2 of these are more than enough.