

Healthy Snack Recipes for St. Patrick's Day!

By Nicole Spain, Registered Dietitian

Instead of adding green food dye to make your St. Patrick's Day festive, try these delicious, naturally green snacks!



Four Leaf Clover Hummus

Chickpeas (Garbanzo Beans)	1 can (15 oz)
Vegetable Oil	1 Tbsp
Lemon Juice	¼ C
Onion Powder	1 Tsp
Garlic Powder	1 Tsp
Ground Cumin	½ Tsp
Salt	½ Tsp
Baby Spinach	1-2 C

Cooking Instructions:

1. Drain and rinse chickpeas. Add chickpeas to the food processor.
2. Add spinach, oil and lemon juice. Turn food processor on high to combine. Add onion powder, garlic powder and salt. Pulse to combine.
3. Chill until ready to serve.
4. Serve with pita bread and a multitude of green veggies such as cucumbers and green peppers.

Apples with a Pot of Gold

Serves 4-6

Green Apples, sliced	2-3
Sun or Nut Butter (peanut or almond)	1 C
Vanilla Yogurt	1 C

Cooking Instructions:

1. Melt the sun or nut butter in a microwave safe bowl for 20-30 seconds.
2. Stir in the vanilla yogurt to create a dip.
3. Serve with sliced apples.

St. Patrick's Day White Bean Dip

Avocado, chopped	2 C
White Beans, canned	1 C
Sea Salt	½ Tsp
Lemon Juice	2-3 Tbsp
Baby Spinach	1-2 C

Cooking Instructions:

1. Place the avocado, white beans salt, lemon juice, and baby spinach in a food processor and puree until smooth.
2. Season to taste with additional salt or lemon juice.
3. If too thick, you can add 1-2 tablespoons of water.
4. Serve with tortilla chips or veggies.

Lucky Leprechaun Cucumber Coins

Cucumbers	1 lb
Sour Cream	½ C
Dill, fresh, chopped	1 Tbsp
Chives, chopped	1 Tbsp
Salt & Pepper	To Taste

Cooking Instructions:

1. Thinly slice cucumbers (1/4 inch thick).
2. Combine sour cream, herbs, salt and pepper.
3. Pour dressing over cucumbers. Mix and chill before serving.