PIZZA BAGEL

Ingredients:
- 1 half Bagel slice
- 2 spoonfuls of Tomato Sauce
- Pinch of dried herbs
- Pinch of red chili flakes
- 2 tbsp. Shredded low-moisture skim Mozzarella Cheese
- Egg
- 1 tsp Oil
- Pinch of salt and pepper

Instructions:
1. Slice bagel horizontally in half. Save one half for later.
2. Layer ingredients in the order listed.
3. Broil in the Oven for a few minutes, or Microwave for 20-30 seconds. Serve immediately.

TUNA IN A BOAT

Ingredients:
- 1 half Bell pepper
- 1/2 small Can of Tuna (or 2.5 oz.)
- 1 spoonful of Canned Black Beans
- 1 stalk of Green onion, thinly sliced
- 1 heaping spoonful Sour Cream
- 1 heaping spoonful of Salsa
- Tortilla chips, crushed

Instructions:
1. Half a whole bell pepper through the center from the stem to the bottom. Core out the seeds and pith. Reserve one half for later.
2. Mix the rest of the ingredients together, and layer on top of the bell pepper boat. Serve immediately.

HONEY NUT YOGURT SWIRL

Ingredients:
- 1 half cup plain Greek Yogurt
- ¼ cup Natural Peanut Butter
- 1 half Tbsp of Honey
- 1 squeeze lemon juice
- 1 dash ground Cinnamon
- Fruit Skewers: 5 Grapes + ½ Apples + ½ Banana + 3-5 Strawberries

Instructions:
- Mix all of the ingredients, except the fruit skewers to incorporate – leaving just a bit of a swirl. The dip can be made in advance.
- Cut up the fruit into bite-sized pieces and skewer together, or serve loosely on a plate with a fork for dipping.