

# Cancer-Fighting Snacks

**Recipes selected by Focus28 nutrition expert and Certified Personal Fitness Trainer Sharon Zarabi, RD, CDN**



Whether eating three traditional or four to six mini-meals a day, it's important to have access to healthy snacks when hunger strikes. Almonds, walnuts, and other nuts are good sources of vegetable protein, monounsaturated fatty acids, vitamin E, phenolic compounds, selenium, fiber, folic acid and phytoestrogens, which are believed to prevent cancer. Tomatoes are chock full of the antioxidant lycopene, which reduces the risk of prostate, breast, lung and other cancers. Spicing up your snacks can have a big cancer fighting benefit: capsaicin, the compound that gives peppers heat, has the power to kill cancer cells by attacking the energy source of tumor cells, yet doesn't harm healthy cells. Vitamin C from fruits such as lemons, apricots and apples have consistently shown protective effects from stomach, breast, cervical and lung cancers.

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# Cancer-Fighting Snacks



Servings: 1    Preparation Time: 10 min.    Cooking Time: 0 min.

## Ingredients:

- 1 tsp vanilla extract
- 1 cup organic almonds
- 1 cup spring water, or filtered water
- 1 tsp raw honey, to taste

## Cooking Directions:

Blend all together in mixer until smooth. Add more water to achieve desired consistency.

Per Serving: calories 860, fat 71g, calories from fat 74.3% protein 30g, cholesterol 0mg, dietary fiber 17g





# Cancer-Fighting Snacks

Servings: 30 Preparation Time: 15 min. Cooking Time: 20 min.

## Ingredients:

- 1 tsp ground cinnamon
- 1/2 cup all purpose flour
- 2/3 cup light brown sugar, packed
- 3/4 cup dates, chopped
- 1/8 tsp salt
- 1/2 cup chopped walnuts, or almonds
- 1/2 cup margarine, melted
- 1 can (15 oz) pinto beans, or Great Northern beans, rinsed, well drained, coarsely chopped
- 3/4 cup dark raisins
- 2/3 cup quick cooking oats
- 1 cup natural wheat and barley cereal
- 1 tsp vanilla extract
- 1/2 cup honey
- 1 cup flaked coconut

## Cooking Directions:

Combine flour, brown sugar, oats, cereal, beans, raisins, dates, coconut, and walnuts in large bowl. Add remaining ingredients, mixing well. Press mixture evenly into greased 9x13 in. baking pan. Bake at 350°F until bars are browned and firm to touch in center, 20 to 25 minutes. Cool completely before cutting. Courtesy: American Dry Bean Board Tips: Substitute 1-2/3 cup low-fat granola cereal for oats and natural wheat and barley cereal. Use a pastry cutter to chop beans quickly and easily. Substitute any canned or cooked dry-packaged bean variety.

Per Serving: calories 130, fat 4.4g, calories from fat 30.5% protein 1.7g, cholesterol 0mg, dietary fiber 1.8g



# Cancer-Fighting Snacks



**Servings: 4   Preparation Time: 10 min.   Cooking Time: 10 min.**

## **Ingredients:**

- 2 tbsp chopped walnuts
- 2 ripe firm bananas, sliced
- 1 lb pineapple chunks
- 4 frozen puff pastry shells

## **Cooking Directions:**

**Bake puff pastry shells according to package directions. Combine remaining ingredients in a mixing bowl. Chill. Just before serving, spoon fruit mixture into baked puff pastry shells**

**Per Serving: calories 390, fat 21g, calories from fat 48.5% protein 5.2g, cholesterol 0mg, dietary fiber 4.1g**





# Cancer-Fighting Snacks

**Servings: 60 Preparation Time: 30 min. Cooking Time: 15 min.**

## Ingredients:

- 2 cups long green peppers, chopped and seeded
- 4-1/2 cups onions, chopped
- 10-1/4 cups tomatoes, chopped, seeded, peeled, and cored
- 1 tsp hot red pepper sauce (optional)
- 2-1/2 cups hot peppers, chopped and seeded
- 2 tbsp cilantro, minced
- 1-1/4 cups cider vinegar
- 1 tbsp salt
- 3 cloves garlic, crushed

## Cooking Directions:

Combine all ingredients in a large saucepot, adding hot pepper sauce, if desired. Bring mixture to a boil. Reduce heat and simmer 10 minutes. Ladle hot salsa into hot jars, leaving .25 in. headspace. Adjust two-piece caps. Process 15 minutes in a boiling-water canner. Note: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned. Yield: About 6 pints. Courtesy: Homestead Harvest

**Per Serving: calories 14, fat 0.1g, calories from fat 5.7% protein 0.5g, cholesterol 0mg, dietary fiber 0.7g**



# Cancer-Fighting Snacks



**Servings: 6   Preparation Time: 15 min.   Cooking Time: 10 min.**

## **Ingredients:**

- 1/2 lb canned unsweetened blackberries, drained if needed
- 2-1/4 lb Jonathan or Macintosh apples, peeled, cored, sliced
- 1/2 oz sugar
- 1/3 cup water
- 1/2 cup plain low fat yogurt

## **Cooking Directions:**

**Place apples, water, and sugar in a saucepan. Cover and simmer until soft. Allow to cool. Meanwhile, purée the blackberries in a blender or food processor. Filter through a sieve. Purée the cooled apple mixture. Add to the blackberries and fold in the yogurt. Spoon into individual glass dishes and chill before serving.**

**Per Serving: calories 130, fat 0.7g, calories from fat 4.8% protein 2g, cholesterol 1.3mg, dietary fiber 2g**





# Cancer-Fighting Snacks

**Servings: 1    Preparation Time: 15 min.    Cooking Time: 35 min.**

## Ingredients:

- 4 large eggs
- 1/2 tsp baking powder
- 2 cups sugar
- 1/4 cup fresh lemon juice
- 1/2 cup powdered sugar
- 2 cups flour
- 3 tbsp flour
- 1/2 cup macadamia nuts, or toasted pecans or walnuts
- 1/4 cup butter, softened to room temperature
- 2 tbsp lemon zest
- 1-1/2 cups Driscoll's blueberries

## Cooking Directions:

Place flour, butter, nuts, powdered sugar and half the lemon zest in food processor fitted with metal blade. Pulse until well combined and dough starts to come together into a ball. Remove dough; pat evenly into bottom of a lightly greased 9x13 in. baking pan. Bake at 350°F for 20-25 minutes, until golden brown. Remove from oven; set aside. Meanwhile, in large mixing bowl whisk together eggs, sugar, lemon juice, remaining lemon zest, flour and baking powder. Pour mixture over crust. Sprinkle evenly with blueberries. Return pan to oven. Bake 15-20 minutes, until top is lightly browned. Remove from oven. Cool and cut into squares. Short-cut: Use boxed lemon bar mix. Sprinkle with Driscoll's blueberries before baking as directed above.

**Per Serving: calories 4,200, fat 130g, calories from fat 27.9% protein 63g, cholesterol 980mg, dietary fiber 20g**





# Cancer-Fighting Snacks

**Servings: 12   Preparation Time: 10 min.   Cooking Time: 15 min.**

## Ingredients:

- 2 egg whites, beaten
- 1 cup bran cereal shreds
- 1 ripe banana
- 1 cup buttermilk
- 1-1/4 cups flour
- nonstick cooking spray
- 1/4 cup dark brown sugar
- 1 tsp baking powder
- 2 tsp baking soda

## Cooking Directions:

**Preheat oven to 350°F. Spray 12 muffin pan cups with cooking spray. In a large bowl, mix together next 4 ingredients. In a separate bowl, beat remaining ingredients. Add mixture to larger bowl and stir until well blended. Divide mixture evenly into muffin pan cups. Bake for 12- 15 minutes, or until done. Allow to cool before serving.**

**Per Serving: calories 100, fat 0.7g, calories from fat 6.6% protein 3.8g, cholesterol 1.6mg, dietary fiber 2.7g**



# Cancer-Fighting Snacks



**Servings: 1**    **Preparation Time: 5 min.**    **Cooking Time: 0 min.**

## Ingredients:

- 1/2 cup blueberries
- 1/2 ripe medium banana
- 5-1/2 oz canned apricot nectar

## Cooking Directions:

In a blender, combine blueberries and banana and process until mixture is coarsely chopped. Add 3 Tbsp of apricot nectar and process until almost smooth. Add remaining nectar and process until smooth and frothy.

**Per Serving: calories 95, fat 0.4g, calories from fat 4.2% protein 1.2g, cholesterol 0mg, dietary fiber 3.3g**



# Cancer-Fighting Snacks



**Servings: 4   Preparation Time: 10 min.   Cooking Time: 5 min.**

## Ingredients:

- 8 oil-packed sun-dried tomatoes, drained and very thinly sliced
- 1 ripe avocado, peeled, pitted, and chopped
- 1/4 cup cilantro, chiffonade cut
- 3 tbsp canned jalapeno chilies, drained and thinly sliced
- 1/2 lb blue or white corn tortilla chips
- 1 grilled chicken breast, very thinly sliced
- 6 oz goat cheese, room temperature

## Cooking Directions:

**Preheat broiler to 500°F. Separate the corn chips, selecting whole chips. Arrange on a baking sheet. Spread the cheese over each chip, top with chicken pieces. Bake 3 minutes. Arrange on a serving platter. Top with avocado, tomatoes, chiles, and cilantro. Serve.**

**Per Serving: calories 510, fat 32g, calories from fat 56.5% protein 15g, cholesterol 50mg, dietary fiber 5.8g**





## Cancer-Fighting Snacks

**Servings: 12   Preparation Time: 15 min.   Cooking Time: 35 min.**

### Ingredients:

- 1/4 lb unsalted butter
- 1/2 cup slivered almonds
- 1-1/2 cups almond meal
- 1-1/3 tbsp brown sugar
- 3/4 cup dried apricots, chopped
- 1/4 cup honey
- 1 tsp lemon rind, grated
- 1-1/3 tbsp lemon juice
- 1/4 cup sesame seeds
- 1-1/4 cups old fashioned oats
- 1 apple, peeled, grated

### Cooking Directions:

Preheat oven to 350°F. Grease and line the base of a jelly roll pan with paper. Grease paper. Place grated apple in a towel and squeeze out excess moisture. Combine flour with next 4 ingredients in a bowl. Stir in apple. Make a well in the center. Combine remaining ingredients in a saucepan. Stir over medium high heat until sugar is dissolved. Do not boil. Stir into flour mixture until well combined. Press mixture evenly into pan and bake 35 minutes or until golden. Cool in pan.

**Per Serving: calories 280, fat 19g, calories from fat 61.1% protein 5.8g, cholesterol 22mg, dietary fiber 4.3g**



# Cancer-Fighting Snacks



**Servings: 8   Preparation Time: 10 min.   Cooking Time: 0 min.**

## **Ingredients:**

- 1 tbsp cilantro, minced
- 1 tsp garlic powder
- 2 jalapeno or serrano peppers, seeded and chopped
- 3 cups lowfat cottage cheese

## **Cooking Directions:**

**Combine all ingredients in a bowl. Mix thoroughly and serve with tortilla chips or your favorite chip.**

**Per Serving: calories 60, fat 0.8g, calories from fat 12.6% protein 10g, cholesterol 3.2mg, dietary fiber 0.1g**



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