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Afternoon Snack: Tangerines, Satsumas, Clementines--Citrus!

Tuesday, 11/17/2009 at 3:02 PM

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My dears, don't you just love citrus season? I'm a tangerine-a-holic. I eat several a day, and this is how I eat them ...



... straight out of the refrigerator so they're ice cold and refreshing! I'm loving the adorable little "Cuties"--the juicy (and cute!) miniature clementines sold at most supermarkets. Add them into yogurt and salads for extra flavor and vitamin C, of course.

Enjoy!

More snacking:

*Sweet potato hummus!

*Sugar-free pumpkin pie? Oh yeah!

*I'm loving this pumpkin seed butter...

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Photo: Cuties

by Sarah Jio

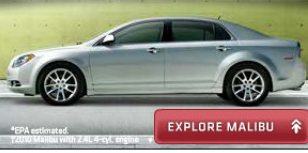
Categories: **Afternoon Snack**

Keywords
diet, diet and nutrition, diet food, healthy eating, women health

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