

*Whatever
your mood,
we have a snack
for you.*



So smooth! So light! So delicious!



*7 healthy
snack ideas
for the
whole family!*



www.thelaughingcow.ca

PREPARED BY LINDA MONTPETIT, REGISTERED DIETICIAN

The Laughing Cow[®] snack ideas

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A Satisfying Snack

Ingredients: 1 slice of nut bread • 1 wedge of The Laughing Cow[®] cheese • Thin slices of green apple and pieces of green or red grapes

Preparation: Toast the bread if desired. Put one wedge or spread The Laughing Cow[®] cheese on the bread. Add apple slices and grapes pieces.



Olé Cheese!

Ingredients: 1 mini whole wheat pita bread • 1 wedge of The Laughing Cow[®] cheese • 5 ml (1 teaspoon) of salsa

Preparation: Put one wedge or spread The Laughing Cow[®] cheese on the pita bread. Add some salsa. Warm it in the microwave oven (15 to 20 seconds). Sprinkle with some fresh coriander before serving (optional).



Red Pepper Snacking Sandwich

Ingredients: 1/2 toasted bagel • 1 wedge of The Laughing Cow[®] cheese • 1 slice of roasted red pepper (home made or from a jar)

Preparation: Cut the 1/2 bagel in half to make two half-circles. Spread The Laughing Cow[®] cheese on one piece of the bagel. Add some roasted red pepper and close the sandwich.



Laughing Cow[®] Cheese with Small Fruits

Ingredients: 2 Graham cookies • 1 wedge of The Laughing Cow[®] cheese • Strawberries, raspberries or blueberries

Preparation: Spread The Laughing Cow[®] cheese on cookies. Garnish with small fruits. Add honey or maple syrup for a sweet touch.



Pear, Cheese and Nuts

Ingredients: 1 pear cut in half • 2 wedges of The Laughing Cow[®] cheese • Pecan nuts or walnuts in pieces

Preparation: With a spoon, remove the center of the pear. Fill it with The Laughing Cow[®] cheese. Sprinkle with nuts.



Cucumber Canapé

Ingredients: English cucumber, 2 thick slices • 2 wedges of The Laughing Cow[®] cheese • Chives, thinly sliced • Pepper to taste

Preparation: Put one wedge of The Laughing Cow[®] cheese on each cucumber slice. Sprinkle with sliced chives and pepper.



A Sharing Snack

Ingredients: 1/2 all-bran muffin • 1 wedge of The Laughing Cow[®] cheese • 1 clementine

Preparation: Spread The Laughing Cow[®] cheese on the 1/2 muffin. Add some clementine quarters.