MY FAVORITE FLAVOR IS

SPICY

These healthy, *caliente* snacks bring the heat.

FRUIT AND VEGGIE CUPS

Cut **1 cup** each of fresh mango, watermelon, pineapple, papaya, jicama, and cucumber into spears. **Drizzle** with juice from **one** lime and sprinkle with **1 teaspoon** chili powder. Divide into cups. Enjoy!

MINI OMELETTES

For a quick weekday breakfast, spray a microwave-safe mug with cooking oil. In a bowl beat **1 large** egg, **2 tablespoons** low-fat milk or water, a little bit of salt and pepper, and hot sauce to taste. Mix in your favorite chopped fresh veggies (optional). Microwave the mug on high for **1 minute** or until egg is fully cooked and not wet.

CHILI POPCORN

Add **⅓ cup** popcorn kernels to a medium paper bag. Fold the top over twice. Microwave on high until the popping has a one second gap between pops, about **1 ½** to **2 ½ minutes.**

Combine **4 cups** of popped popcorn with **1 tablespoon** canola oil. Mix together **1 teaspoon** chili powder and **⅛ teaspoon** garlic powder in a separate bowl, sprinkle over popcorn and enjoy!

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