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!

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**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.

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**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!