



*Everything you eat or drink during the day can affect how well you sleep each night.*

*For snacks at night...keep it simple, small, and light.*

*Food fuels your body and mind for maximum performance each day.*

#### Night-time Snack Ideas

Chamomile Tea with whole grain crackers and cheese

Hot cocoa made with warm lowfat or nonfat milk

Light or air popped popcorn

Graham crackers and lowfat or nonfat milk

Peanut butter on a slice of whole grain bread

Hummus and black bean chips



#### Hummus

1 can (15.5oz.) chick peas  
1 Tablespoon tahini  
1 Tablespoon lemon juice

1 clove garlic  
1/2 teaspoon cumin  
2 Tablespoons olive oil

Partially drain chick peas.

Add all ingredients in a food processor and blend until smooth.

Serve with whole grain crackers, veggies, or black bean chips.

Tasty stir in options: roasted red peppers or black olives.

Serves 8.

Nutrition Facts Per Serving: 130 calories, 6 grams of fat, 0 grams saturated fat, 0 mg cholesterol, 5 mg sodium, 16 grams carbohydrates, 4 grams dietary fiber, 5 grams protein, 0% vitamin A, 2% vitamin C, 4% calcium, 10% iron

*night-time renewal*  
for your body and mind™