



# A Teen Guide to Quick, Healthy Snacks (Teen Cookbooks)

*Dana Meachen Rau*

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Theres an hour to go til mealtime, but your stomach is growling like a wild animal. It cant be ignored. It must be fed. But before you start raiding the refrigerator, clearing out the cupboard, or pilfering the pantry, think about what youre grabbing to eat. Find the foods that give your body what it needs. Whether youre on Team Sweet or Team Salty, the Teen Guide to Quick, Healthy Snacks will help you whip up something tasty to tame the growling beast.

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