

# The Ultimate Crunchy Snack

When it comes to nighttime snacking I have a weakness for all things crunchy and salty. OK...I like a little sweet too.

Solution: (I learned this trick when my boys were infants and I was up late-night nursing.) Thinly slice a Granny Smith Apple. Toss the pieces in a good squirt of lemon juice (this is optional, but greatly enhances the flavor) and generously sprinkle with sea salt. The result is a perfectly crunchy, sweet-salty snack that hits the spot. Unlike popcorn or nuts, this is very low-cal and incredibly difficult to overeat. Worst case scenario- you eat two apples! Enjoy!