



Prevention Healthy Favorites: Snack & Appetizer Recipes: 48 Easy & Delicious Bites!

Editors of Prevention

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Without some trusty recipes, it's easy to fall into the trap of grabbing unhealthy prepared foods when hunger strikes. That's why the editors at *Prevention* magazine are always on the lookout for satisfying snacks and appetizers to keep on hand or put together fast. These nibbles are so tasty and versatile, they can do extra duty as light suppers or party mainstays.

Snack & Appetizer Recipes focuses on delicious flavors packed into small bites. Within these pages you'll find a variety of treats that work for different occasions. Spicy Potato Skins (you won't believe how healthy they are!) are a game-day delight; Stuffed Artichokes are a breeze-to-make smash-hit for dinner parties; and Marshmallow Cereal Bars will satisfy any sweet tooth. Each of our recipes was created to nourish both body and spirit and to be as simple as possible to prepare.

Like good cooks everywhere, the editors of *Prevention* love nothing more than sharing their favorite healthy and delicious dishes. That's the whole idea behind the Prevention Healthy Favorites series of essential cookbooks, each one gathering 48 of the best *Prevention*-tested recipes that make it easy to whip up a great meal or tasty treat every time.

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