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Make the 5-pm rush easy with these healthy snacks recipes. Made with a few simple ingredients, these snacks will delight your whole family. From sweet to savory and everything in between, we ve got you covered!

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The food processor makes quick work of this easy guacamole that's rich in heart-healthy monounsaturated fats. We like the heat from the jalape o seeds, but you can seed the pepper for a milder guac. Serve with tortilla chips or crudit s.

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