

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Rice Cake Snack Ideas

Ingredients:

Whole Grain Rice Cakes
Toppings (listed below)

Topping Ideas:

Hummus & Cucumbers
Poached Egg, Avocado & Roasted Red Peppers
Peanut Butter & Banana Slices
Almond Butter & Blueberries or Strawberries
Ricotta Cheese & Honey
Cheese & Tomato
Fried Egg & Cheese
Cream Cheese & Chives
Guacamole & Lime Juice
Peanut Butter, Jelly & Granola

Guacamole, Sausage & Peppers
Smoked Salmon, Cucumbers & Avocado
Prosciutto, Thin Sliced Melon & Parmesan
Spinach, Tuna & Tomatoes
Peanut Butter & Honey
Nutella & Bananas
Almond Butter, Dates & Shaved Coconut
Smashed Peas, Feta Cheese & Salmon
Pesto, Fried Egg & Tomato
Feta Cheese, Olives & Olive Oil

Directions:

1. Place rice cake on plate and top with toppings!