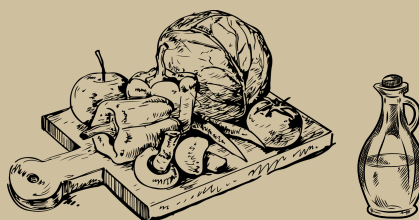
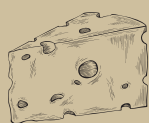


# WHOLEFOOD SNACK IDEAS



MACRO- AND  
MICRONUTRIENT BALANCED



## SAVOURY SNACK

LOADED HUMMUS SOURDOUGH	Load 1 slice sourdough (toasted if preferred) with 3 Tbsp hummus, ½ cup frozen edamame (defrosted), topped with chopped cherry tomatoes and cucumber.
EGG SALAD	Mash 3 hard boiled eggs with 2 Tbsp natural Greek yoghurt, season and mix in chopped red onion, tomato and cucumber.
TAHINI AND LENTIL DIP WITH VEGIE STICKS	Blend ½ cup cooked red lentils, 1 tsp tahini and 2 Tbsp natural Greek yoghurt and season to make dip. Serve with vegetables sticks (carrot, cucumber, celery, capsicum).
KIMCHI AND EDAMAME RICE CAKES	Top 2 rice cakes with evenly divided ingredients; 2 Tbsp cottage cheese, ½ cup frozen edamame (defrosted), ½ cup kimchi and sprinkle with hemp seeds.
CHEESE AND NUT SNACK	Consume 40g cheddar or gouda cheese, snack on nut mix (10 almonds, 1 Tbsp pumpkin seeds, 1 Tbsp sunflower seeds) with ½ cup cucumber or cherry tomatoes.



## SWEET SNACK

YOGHURT MIX-IN	Combine $\frac{3}{4}$ cup natural Greek yoghurt, 1 tbsp chia seeds, 1 tbsp flaxseed meal, $\frac{1}{2}$ cup berries OR 2 kiwi OR $\frac{1}{2}$ cup cherries OR $\frac{1}{2}$ cup dragonfruit (substitute other fruit of choice).
SWEET GREEN SMOOTHIE	Blend $\frac{1}{2}$ cup plain kefir, $\frac{1}{2}$ cup unsweetened soy milk, 3 Tbsp hemp seeds, $\frac{1}{2}$ avocado, 3 frozen spinach portions and honey to sweeten.
PEANUT BUTTER AND DATE PROTEIN BALLS (1 BALL PER SERVE)	Combine $\frac{3}{4}$ cup 100% peanut butter, $\frac{3}{4}$ cup hemp seeds, $\frac{1}{2}$ cup flaxseed meal, $\frac{1}{2}$ cup rolled oats, 8 fresh Medjool dates (pitted and finely chopped), 4 Tbsp chia seeds and roll into 16 balls.
ALMOND BUTTER AND RASPBERRY SLICE (1 SLICE PER SERVE)	Preheat oven to 180 degrees celsius. Line a shallow baking tray. Blend 1 $\frac{1}{2}$ cups cottage cheese, 3 Tbsp almond butter, $\frac{1}{2}$ cup milk, 2 eggs and 1 tsp vanilla extract. Fold in 2 cups rolled oats, 2 Tbsp flaxseed meal and $\frac{3}{4}$ cup chopped frozen raspberries. Bake in tray for 25-30 mins - cut into 8 slices.
OVERNIGHT APPLE PUDDING	Combine $\frac{3}{4}$ cup plain kefir, 2 Tbsp chia seeds, 1 Tbsp flaxseed meal, 1 Tbsp peanut butter, 1 apple (diced or grated) and 1 tsp cinnamon. Leave in fridge overnight before consuming.

THESE IDEAS ARE NOT ONLY DELICIOUS BUT ALSO GUT-FRIENDLY AND SUPPORT REACHING THE AVERAGE ADULTS DAILY DIETARY REQUIREMENTS. HOWEVER, ALWAYS CONSIDER YOUR UNIQUE DIETARY NEEDS AND CONSULT WITH A HEALTHCARE PROFESSIONAL IF YOU HAVE SPECIFIC HEALTH CONDITIONS.

— Ali Liddelow, Reg. Nutritionist (BHSc)



RITUAL DIGEST  
HOLISTIC CLINICAL  
NUTRITION