

Healthy **SNACKS**

AT HOME



VOL. 1

Golden Turmeric Energy Balls

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup honey or maple syrup
- 1 tsp turmeric powder
- 1/2 tsp cinnamon
- 1 tbsp chia seeds
- 1 tbsp hemp seeds

Instructions:

- 1. Mix all ingredients in a bowl until well combined.
- 2. Roll into small balls and refrigerate for at least 30 minutes before eating.



Chia & Flaxseed Pudding

INGREDIENTS

- 3 tbsp chia seeds
- 1 tbsp ground flaxseeds
- 1 cup almond or coconut milk
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/2 cup mixed berries

Instructions:

1. Combine all ingredients except berries and let sit in the fridge for at least 2 hours or overnight.
2. Top with fresh berries before serving.



Spiced Roasted Chickpeas

INGREDIENTS

- 1 cup cooked chickpeas
- 1 tbsp olive oil
- 1/2 tsp turmeric
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 1/4 tsp sea salt

Instructions:

1. Toss chickpeas with olive oil and spices.
2. Roast at 375°F (190°C) for 25-30 minutes until crispy.



Matcha & Pumpkin Seed Trail Mix

INGREDIENTS

- 1/2 cup pumpkin seeds
- 1/4 cup almonds
- 1/4 cup goji berries
- 1 tbsp cacao nibs
- 1/2 tsp matcha powder

Instructions:

1. Mix all ingredients in a bowl and store in an airtight container for an easy grab-and-go snack.



Avocado & Spirulina Toast

INGREDIENTS

- 1 slice whole-grain or sourdough bread
- 1/2 avocado, mashed
- 1/2 tsp spirulina powder
- 1 tbsp hemp seeds
- 1/4 tsp sea salt
- 1/2 tsp lemon juice

Instructions:

1. Mix mashed avocado with spirulina and lemon juice.
2. Spread on toast and sprinkle with hemp seeds and sea salt.

