

THE SNACK DADDY SNACK BOOK

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LET SNACK DADDY FIX YOUR SNACK ATTACKS



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# The Ultimate Snack Daddy Snack Book

*If you are able to eat a highly nutritious diet, which consist of a diet high in nutrient rich foods such as clean real protein, fiber-dense carbohydrates, healthy fats - and eliminating all processed food - then you'll be able to get leaner faster without counting calories and worrying about stepping on the scale everyday.*



Who doesn't love snacking? Whether it's munching on something to tide you over, grabbing a bite to eat on the go, or just refueling after a workout, snacks help keep our bodies fueled throughout the day in between meals. Unfortunately, many store-bought snacks are loaded with preservatives, sugar, and other unidentifiable ingredients. So I've rounded up some of my favorite healthy snack ideas from around the globe (well the internet globe) that you can make right at home or buy and have on hand. From sweets treats to savory delights, you'll find something to satisfy you.

## Over 175 Mouth Watering Snacks - some are super easy others may take time to prepare so make extra and keep on hand.

If you see an ingredient that you are not familiar with or not sure where to purchase it, just do a google search and you will find everything you need to know.

I have categorized them into 5 sections:

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# Full Of Ideas For The Whole Family

Snacks are important for your kids too. I encourage you to explain to your children why certain foods are not good for them. Show them the difference between natural foods like meats and vegetables and processed snack foods. Tell them that only the natural foods will help their body grow stronger. It's up to you to set a positive example. If you eat junk food, so will your child. If you eat vegetables and exclaim how delicious and healthy they are, your child will likely want to eat them too.

**Most kids love junk food, and why wouldn't they? It tastes good. It comes in fun colors and shapes, and the boxes are covered in their favorite cartoon characters. Plus, they see ads for these "fun", "great-tasting" foods on TV all the time with kids their own age eating them too. So to your kids, junk food and all the sugar laden snacks out there have no downside.**

**That is unless you give them one.**



# Vegetables

## Cheese & Carrots

1-2 ounces of full fat cheese  
10 baby carrots



## Seeds & Broccoli

2 tbsp pumpkin seeds  
1 cup steamed broccoli



## Nut Butters & Carrots

2 tbsp natural peanut butter  
10 baby carrots



## Avocado Delight

¼ avocado, pureed with lemon and fresh cilantro  
1 red pepper, sliced  
5 cherry tomatoes



## Avocado Delight With A Switch

¼ avocado – pureed with lemon and cilantro  
2 stalks celery  
½ cup cucumber



## Veggie Mix With A Goat

1 tbsp olive oil

1 – 1 ½ cup mixed cherry tomatoes and cucumber, chopped – seasoned with salt and pepper

1 ounce goat cheese, crumbled



## Avocado Veggie Mix

¼ avocado, chopped

½ red pepper, chopped

3 stalks celery, chopped

cilantro & lemon juice



## Bumps on a log

Top organic celery slices with almond butter and raisins



## Kale Chips

1 bunch kale, chopped

1 tbsp. lemon juice

2 tbsp. coconut oil

1/4 tsp sea salt



**Preheat oven to 350 degrees.**

**Chop kale into 1/2 inch pieces.**

**Place all ingredients in a large bowl and massage the oil, lemon juice and sea salt into the kale using your hands.**

**Place on parchment lined baking sheets and bake for 12 minutes.**

## Spears & Eggs

Pair 10 asparagus spears (cooked or raw) with one hard boiled egg crumbled



## Cucumber Salad

One large cucumber sliced with 2 tbsp. chopped red onion, pour 2 tbsp. apple cider vinegar or Bragg's vinegar over it.



## Pumpkin Yogurt

Combine  $\frac{1}{2}$  cup nonfat plain Greek Yogurt with  $\frac{1}{4}$  cup pumpkin puree (can be organic canned). Sweeten with stevia,  $\frac{1}{4}$  teaspoon vanilla extract, and pumpkin pie spice blend (or cinnamon). Pumpkin is a low fat way to increase this snack's fiber and flavor profile.



## Red Pepper and Goat Cheese

Slice up one medium red pepper and enjoy with 2 tablespoons soft goat cheese. Goat cheese is tangy and flavorful, and has about one third fewer calories, and one third the fat per ounce compared to cow's milk cheese. And red peppers are loaded with nutrients.



## Jicama and Honey Mustard Dip

Hicka-what? Jicama (pronounced, hic-kuh-muh) is a root veggie that touts six grams of fiber per cup. Peel and slice 1 and dip into a mixture of 1 tablespoon Greek yogurt, 1 tablespoon mustard, and 1 teaspoon honey (for an extra immune boost make that local honey).



## Baby Corn and Bragg's Liquid Aminos

For a super quick snack, dip 20 baby corn into Bragg's. Baby corn is high in folate, a B-vitamin that helps produce and maintain new cells.



## Broccoli and Tzatziki Sauce

Whip up a quick tzatziki-like sauce by combining 2 tablespoons plain nonfat Greek yogurt, 1 teaspoon lemon juice, and 1 tablespoon minced cucumber. Dip six florets into the sauce. The healthy bonus here is that eating broccoli raw may help maintain the green veggie's cancer-fighting nutrients.



## Avocado Rice Cake

Top a rice cake (we like the unsalted brown rice variety) with a fourth of an avocado, mashed. Sprinkle with cracked black pepper and paprika. Avocados are a good source of monounsaturated fat (the kind that can help improve cholesterol levels and decrease the risk of heart disease) .

This is a great snack - make a batch and keep them in the re fridge. But remember only eat 2 for a snack :)

#### Zucchini Bread Cookies

1 cup rolled oats  
1 cup whole spelt flour  
1 tsp baking powder  
1 tsp cinnamon  
1/2 tsp salt  
1/4 cup melted coconut oil  
1/4 cup unsweetened applesauce  
1/4 cup + 2 tbsp. pure maple syrup  
1 cup grated zucchini (you can leave the skin on)  
1/3 cup chopped walnuts  
1/4 cup raisins  
2 tbsp. cacao nibs (optional; or use chocolate chips)

Preheat oven to 375°F. Prepare a large baking sheet by spraying with cooking spray or lining with parchment paper.

In a large bowl, whisk together the dry ingredients (oats to salt). In a separate bowl, mix the coconut oil, applesauce and maple syrup.

Add the wet ingredients to the dry ingredients and stir until the dry ingredients are incorporated. Gently stir in the zucchini. Fold in the walnuts, raisins, and cacao nibs.

Take spoonfuls of the batter and roll into golf ball sized cookies. Place each cookie on the prepared baking sheet and press down to flatten slightly.

Bake in the preheated oven for 10-13 minutes, until cookies feel firm on top and are lightly browned on the bottom (mine took 13 minutes).

Let cool on baking sheet for a few minutes to firm up a bit more, then transfer to a wire rack to finish cooling. Store in an airtight container.

Makes about 22 cookies.



## Roasted Cauliflower Hummus

Yield: 4-6 servings

1 medium head cauliflower, broken into small florets

Olive oil spray

1 clove garlic

1/3 c. tahini

2 tbsp. lemon juice

2 tbsp. olive oil

salt + pepper to taste

fresh veggies or baked gluten free chips or for serving



Preheat oven to 400 degrees. Line a rimmed baking sheet with parchment paper or spray with olive oil.

Place cauliflower florets on baking sheet. Spray with additional oil. Roast for 40 minutes, stirring halfway through cooking time. Remove from oven and cool.

Combine cauliflower, garlic, tahini, lemon juice, olive oil, salt and pepper in food processor. Process until smooth. Add water one tablespoon at a time for a thinner consistency, if desired.

Drizzle with olive oil and sprinkle with parsley, if desired. Serve with gluten free pita bread or fresh veggies.

## Spicy Buffalo Cauliflower Bites

1 cup water

1 cup gluten free, coconut or almond flour

2 tsp garlic powder

22 oz (6 1/2 cups) cauliflower florets

3/4 cup Franks Hot Sauce

1 tbsp melted unsalted butter



Preheat the oven to 450 degrees.

Lightly spray a large non-stick baking sheet with oil. Combine the water, flour and garlic powder in a bowl and stir until well combined. Coat the cauliflower pieces with the flour mixture and place on the baking sheet; bake for 20 minutes.

While the cauliflower is baking, combine the hot sauce and butter in a small bowl. Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional 5 minutes.

Serve with celery sticks.

## Curried Baked Carrot Chips

1 large carrot, peeled  
1 tsp. olive oil  
1/2 to 1 tsp. sweet curry powder (stick with 1/2 teaspoon for milder chips)  
salt + pepper to taste

Preheat oven to 350 degrees. Spray a large rimmed baking sheet with olive oil. Holding onto the small end of the carrot, use a Y-shaped peeler to peel paper thin carrot strips. Try your best to make them uniform in thickness. You'll have some carrot leftover when it gets too thin to peel. Place carrot strips in large bowl. Toss with olive oil, curry powder, salt and pepper. Transfer strips to baking sheet in a single layer; the edges can be touching, as they'll shrink when they bake, but don't overlap them. Bake for 10-12 minutes or until chips are just starting to brown. Place baking sheet on a wire rack and cool until chips are crisp, about 3 minutes. Carefully remove chips from baking sheet (they are thin and will break easily!); eat right away or store in airtight container for up to 5 days.



## Pumpkin Spice Energy Bites

Yield: 25-30 energy bites

1/2 cup almond butter	1/2 cup pumpkin puree
1 teaspoon pumpkin pie spice	1/4 cup maple syrup
1/3 cup pepitas (pumpkin seeds)	1 1/3 cup rolled oats
2 tablespoons chia seeds	1/3 cup raisins

Combine the pumpkin puree, almond butter, maple syrup, and pumpkin pie spice in a large bowl and stir until smooth. Fold in the rolled oats, pepitas, raisins, and chia seeds. Cover the bowl with plastic wrap and refrigerate for about 2 hours, or until the mixture is chilled and easy to work with. Roll the mixture into balls (if you have a small cookie dough scoop that works perfectly!). Store the balls in the refrigerator or freeze and thaw for a few minutes before eating.

## Parsley Potato Chips

2 russet potatoes, very thinly sliced  
1 tbsp olive oil  
1 tbsp parsley, chopped  
sea salt

Preheat oven to 425° F. Wash the potatoes and slice them, widthwise, as thinly as possible. Lay in one even layer on a baking sheet and toss with 1 tablespoon olive oil, salt and pepper. Bake until golden brown and crisp, about 20 minutes. Toss with chopped parsley and sea salt.



## Zucchini Chips

1 large zucchini  
2 tbsp. olive oil  
Kosher salt

Preheat oven to 225 degrees. Line two large baking sheets (I used two 17" baking sheets) with silicon baking mats or parchment paper.

Slice your zucchini on a mandolin. Mine had 1, 2, or 3 for thickness and I used 2.

After you slice your zucchini, place the slices on a sheet of paper towels and take another paper towel and sandwich the zucchini slices and press on them. This helps draw out the liquid so it'll cook a bit faster.

Line up the zucchini slices on the prepared baking sheet tightly next to each other in a straight line, making sure not to overlap them.

In a small bowl, pour your olive oil in and take a pastry brush to brush the olive oil on each zucchini slice.

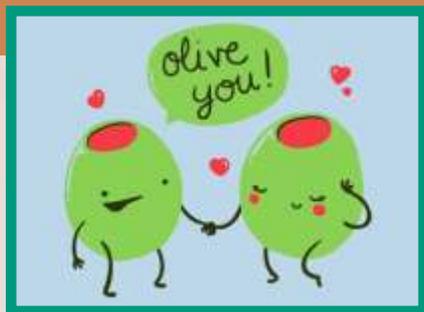
Sprinkle salt throughout the baking sheet. Do NOT over-season, in fact, it's better to use less salt initially because the slices will shrink; so if you over-season, it'll be way too salty! You can always add more later.

Bake for 2+ hours until they start to brown and aren't soggy and are crisp.

Let cool before removing and serving.

Keep in an airtight container for no more than 3 days.

## 8 Olives



## Greek Tomatoes

One tomato (about the size of a tennis ball) chopped and mixed with 1 tablespoon feta and a squeeze of lemon juice



## Root Vegetable Fries

3 medium carrots (any color, I used purple here)  
3 tbs (or more) melted coconut oil or olive oil  
2 teaspoons paprika  
Preheat oven to 400 degrees.

3 medium parsnips (or 6 small)  
a generous few pinches of sea salt  
fresh ground black pepper

Slice the vegetable into thin, French fry strips (not too thin or they may burn)  
Place them in a single layer on a baking sheet, making sure they're not overlapping.  
Drizzle a generous amount of olive oil over them and toss with your hands a few times until they are well coated. Sprinkle with sea salt, paprika and pepper.  
Place in the oven and bake for 15 minutes. Check and stir or turn a bit to prevent sticking.  
Bake another 10 to 15 minutes or until tender and dark golden.  
Dip in mustard or sugar free ketchup.



## Avocado with Salsa

½ of an avocado topped with salt, pepper and a spoonful of salsa



## Tomato Caprese Stacks

Roma Tomatoes

Mozzarella Cheese

Fresh Basil

Garlic Expressions or Balsamic Vinegar (Garlic Expressions in a glass bottle found in Produce Dept)

Slice tomatoes into bite size slices. Top with a sliver of mozzarella cheese.

Place a piece of fresh basil over top of each one. Drizzle Garlic



## Vegetables with Almond Butter Dipping Sauce

4 tsp. almond butter

1 Tbsp. orange juice

1 tsp. rice vinegar

2 cups sliced cucumber, 1 sliced bell peppers or ¾ cup baby carrots

In a bowl combine the almond butter, juice and vinegar and stir until smooth. Dip the veggies in the sauce.



## Gazpacho

2 cups grape tomatoes, halved  
2 Tbsp. chopped red bell pepper  
2 Tbsp. chopped cucumber with skin  
Wedge of lime  
1 cup ice water, divided

2 Tbsp. chopped celery  
2 Tbsp. chopped onion  
1 Tbsp. ground flaxseed  
Pinch of salt  
Hot Sauce



**Combine the tomatoes, celery, bell pepper, onion, cucumber, cilantro, flaxseed, squeeze of lime, salt and ¼ cup of water in a food processor or blender.**

**Pulse for 1 to 2 minutes or until the mixture is finely chopped.**

**Add up to ¼ cup more water and pulse to combine.**

**Season to taste with hot sauce.**

## AVOCADO CUCUMBER CUPS



1 Cucumber  
½ Avocado, peeled, seeded and diced  
¼ cup red bell pepper, diced  
1 Tbsp. lime juice  
1 Tbsp. cilantro, diced  
½ tsp. cumin

**Chop off ends of cucumber and discard. Cut cucumber into 12 equal-sized round slices (approximately 1" width slices). Using a melon baller, scoop out center of cucumber slices, leaving enough cucumber on the bottom for the base.**

**In a mixing bowl, mash avocado, and add diced red bell pepper, lime juice, cilantro, cumin, and salt. Stir to combine. Spoon avocado mixture into hollowed out cucumber slices**

## LADY BUGS ON A STICK

1 ripe, Avocado, seeded, peeled and mashed  
¼ cup prepared salsa, or to taste  
8 celery stalks, washed and trimmed  
12 small grape tomatoes, cut in half lengthwise

Stir the salsa into the mashed avocado to combine.  
Carefully fill the hollow in each celery stalk with the guacamole.  
Nestle 3 grape tomato halves into the guacamole on each celery stalk.



## JICAMA AVOCADO SLAW



1 Tbsp. lime juice  
1 Tbsp gluten-free soy sauce  
1 tsp. stevia  
1 cup shredded jicama  
12 medium-sized round gluten free or rice crackers  
1 tsp. sesame oil  
¼ cup rice vinegar  
½ ripe Avocado, peeled, seeded and diced  
1 cup shredded carrots

To make dressing, whisk together lime juice, sesame oil, soy sauce, rice vinegar and stevia.  
Combine dressing with avocado, jicama, and carrots.  
Spoon slaw on to gluten free or rice crackers.

## Rhythm Superfoods Kale Chips

Whatever less-than-healthy potato chip variety you like, chances are this brand has a similar flavor without all of the fat. The zesty nacho variety, for instance, has 0.5 grams saturated fat, 6 grams of protein, and seven times your daily quota of vitamin K, which helps maintain strong bones. As an alternative, you could make your own kale chips. (Rhythmsuperfoods.com)



## Baba Ganoush

2 pounds zucchini, cut into large, even-sized chunks  
½ cup olive oil, plus 2 tablespoon  
Pinch sea salt  
Pinch black pepper  
4 garlic cloves  
juice of 1 lemon (approx. ¼ cup)  
½ cup parsley leaves, roughly chopped  
¼ cup tahini

Set the oven to 400°F. Toss the zucchini chunks in 2 tablespoons of olive oil and season with sea salt and black pepper. Place onto a sheet pan and cook until the zucchini is tender. Once done, remove from the oven and allow to cool to room temperature. Place the garlic in a food processor and pulse until well minced, then add the zucchini and continue to blend. Scrape the sides with a spatula then add the tahini and lemon juice. Continue to blend while slowly adding the olive oil in a steady stream until the zucchini is creamy and smooth. Add the parsley at the end and stir through. Serve with vegetables, gluten free crackers, socca pieces, or root veggie chips.

This garlicky spread is perfect for gluten free crackers, vegetables, socca pieces, or root veggie chips. It's quick to make with only a few easy-to-find ingredients. So if you need a snack, or something to feed unexpected guests in a hurry, this could be your go-to.



## Beet Chips With Curried Yogurt

Mix together 2 tablespoons plain low-fat Greek yogurt and 1/8 to 1/4 teaspoon curry powder and serve with 1 cup beet chips.



## Minty Pea Dip With Gluten Free Pretzel Chips

Mash 1/2 cup frozen peas with 1 tablespoon chopped fresh mint and 2 teaspoons fresh lime juice. Serve with 10 gluten free pretzel chips.



## Quick Green Pea Snack

2 cups green peas (frozen thawed)  
(I get large frozen bags at Costco)  
2 tsp real butter  
1/2 tsp freshly ground black pepper  
1/4 tsp chilli powder  
1/4 tsp dried ginger powder  
1/4 tsp stevia  
salt to taste  
1/2 tbsp dried mango powder (grab this from Amazon and use for other things too)  
1/2 tsp roasted cumin seeds powder  
1 tbsp chopped mint leaves  
2 tsp lemon juice



Heat the butter in a broad non-stick pan, add the green peas, black pepper, chilli powder, dried ginger powder, stevia and salt, mix well and cook on a medium for 2 to 3 minutes, stirring occasionally.

Add the dried mango powder and cumin seeds powder, mix well and cook on a medium for 1 minute.

Remove, add the mint leaves and lemon juice and mix well.

Serve immediately with a few gluten free crackers.



## Trader Joe's Inner Peas

I'm not crazy about the traces of stuff added for freshness but overall it isn't going to hurt you in moderation.... so keep it that way - eat only a serving.



## Green Pea Vegetable Spread

This is super easy and a variation from the one on page 18

- 1 Bag frozen peas - thawed
- 1 tbsp lemon juice
- 1 tbsp minced garlic
- 1/3 cup pistachios nuts
- 1/3 cup fresh parsley

Just toss all that in a food processor and there you go - a nutrient dense food that is quick and easy. You can either dip cucumber, carrots, celery or a non gluten cracker in it. Great for a party dip too. You can experiment with other herbs and even throw any of your favorite nuts in it..... ENJOY

## Lemony Avocado With Endive Dippers This Is Super Easy

Mash 1/3 chopped avocado with 2 teaspoons fresh lemon juice and a pinch of sea salt. Serve with endive leaves or really any leafy vegetable.



## Now this is too easy - A Bowl of Fresh Sugar Snap Peas



## Jicama Apple Coleslaw



1/2 small head green cabbage, cored and thinly sliced  
1/2 jicama, sliced into matchsticks  
1 large sweet apple (such as Fuji), sliced into matchsticks  
1/2 cup greek yogurt  
1 tablespoon Flax Oil  
1/4 cup pineapple juice  
1 packet of Stevia (optional)  
hot sauce to taste (optional)  
salt and freshly ground black pepper to taste  
Mix all together and enjoy :)

## Jicama Fries

1 cup French fry-sized pieces of jicama  
Place Jicama slices on a cookie sheet and spray with Olive Oil.  
Roast in oven at 400 degrees till crispy - about 20 minutes depending on the size of the pieces. Just keep checking to make sure you are not burning them. This is a perfect low calorie nutritious snack. Season with salt and pepper if you like.



## Mexican Potato

Potatos always get a bad rap - it's all the crap that we put on the potato that turns in into an artery clogging demon. But for a quick snack version turn to the microwave. Pierce a medium potato (about the size of a computer mouse) a few times with a fork and microwave on high for about five minutes, or until soft (you should be able to remove a knife without any resistance). Top half of the potato with 1 tablespoon salsa and 1 tablespoon plain Greek yogurt (a great stand in for sour cream). Save the other half in the fridge for the next time you're in need of a quick snack!



## Broccomole

3 cups chopped broccoli  
2 tbs green onions  
2 ounces greek yogurt  
1 tbs cilantro  
1/4 tsp black pepper

1 jalapeno, chopped, seeds removed  
1 tsp olive oil  
1/4 tsp chili powder  
1/4 tsp salt  
1/4 tsp garlic powder

Cook the broccoli in lightly salted water until very soft and drain well. Transfer to a food processor. Add the remaining ingredients and process until smooth, add additional olive oil for a smoother texture. Enjoy as a vegetable, or gluten free cracker as a dipper.



## Spinach & Goat Cheese Stuffed Mushrooms

½ cup of frozen chopped spinach, thawed and drained well  
3 Tablespoons of sun-dried tomatoes, diced  
6 oz. of goat cheese, softened  
1 teaspoon of dry basil  
¼ teaspoon of garlic powder  
12 baby portabella mushrooms



**These are great and super easy to make !**

**Preheat oven to 400°.**

**In a large bowl mix frozen chopped spinach {that has been thawed and then drained well to remove moisture}, diced sun-dried tomatoes, dry basil, garlic powder, and softened goat cheese. Use a hand mixer to mix together. Set aside.**

**Remove stems from portabella mushrooms.**

**Place mushrooms on a baking sheet, cap side down.**

**Stuff each mushroom with the spinach goat cheese mixture and place back on baking sheet.**

**Put in oven and bake for 20 minutes until golden brown.**

**Remove from oven and let cool down for 5 minutes.**

## Baked Sweet-Potato Chips

2 medium sweet potatoes, scrubbed and sliced 1/8 inch thick  
1 tablespoon extra-virgin olive oil  
1/2 teaspoon coarse salt, preferably sea salt  
1 lime, cut into wedges, for serving



**Preheat oven to 400 degrees, with racks in center and lower positions. A mandoline or a hand-held slicer will quickly turn out thin, even slices of sweet potato, although a sharp knife and a steady hand will also work fine. Divide sweet potatoes between 2 rimmed baking sheets. Drizzle with oil, toss, and spread them in a single layer on sheets. Bake, flipping once, until centers are soft and edges are crisp, 22 to 25 minutes. Sprinkle with salt,**

## Mini Cauliflower Pizza Bites

2 cups Cauliflower (about 1/2 head of cauliflower)  
1/4 cup Egg whites (or 1 large egg white)  
1/8 cup Low fat cottage cheese  
1/4 cup Parmesan cheese  
1/2 tsp Dried oregano  
1/2 tsp Dried basil  
1/4 tsp Garlic powder  
1/4 cup Mini turkey pepperoni's (or regular size turkey pepperoni cut into quarters)  
Optional Topping: Additional pepperoni to place on top just before cooking



Preheat oven to 425. Line 14 mini muffin cups with silicone liners or foil muffin liner. Spray with non-stick cooking spray. Wash cauliflower and cut in half, (save the rest for later). Break cauliflower into segments, and place in food processor. Pulse until it reaches a rice-like texture. Place cauliflower in microwave safe bowl and microwave for 8 minutes. (Do NOT add water or cover).

Remove cauliflower from microwave and add the rest of the ingredients. Stir to combine. Place back in microwave for 2 minutes. Mix again.

Scoop cauliflower mixture into muffin liners, dividing evenly between the 14 mini liners. Fill to the top, and press filling down so it's compact in liner.

Place muffin tin in the oven and bake muffins for 30-35 minutes, or when top starts to become golden brown. Remove from the oven, let cool completely before popping the muffins out of the liners. Serve warm with pizza sauce for dipping!



## Sliced Frozen Avocado

Now this is way too easy and who would have thought! Slice an avocado into bite size pieces and toss them in the freezer for about 4 hours - sprinkle them with some chili powder and sea salt and there you go. This delicious avocado snack offers nearly 20 vitamins, minerals and phytonutrients. No need to eat the whole avocado at once - about half should do the trick and a better portion size.

# Grains

## "Cheesy" Popcorn

2 cups air-popped popcorn with 1 tablespoon nutritional yeast— it'll taste like real cheese!



## Chips n' Salsa

10 baked tortilla chips with ¼ cup salsa



## Power Squares

8 servings

2 cup old fashioned rolled oats	¼ cup ground flaxseed
¾ tsp. ground cinnamon	¼ tsp. ground cloves
¼ tsp. salt	½ cup almond butter
¼ cup honey	1 tsp. vanilla extract
½ cup finely chopped and pitted Medjool dates	
½ cup dried cherries or goji berries	



Preheat the oven to 350°. Coat an 8" x 8" pan with cooking spray. Combine the oats, flaxseed meal, cinnamon, cloves and salt in a large bowl. Combine the almond butter, honey and vanilla in a small bowl. Add to the dry ingredients and stir to combine. Stir in the dates and cherries until well combined. Press the mixture firmly into the prepared pan. Bake for 25 minutes, or until the edges are browned. Let it cool completely before cutting into eight bars. Store in airtight container.



## Single-serve oatmeal packets or cups Protein: About 4 grams per packet or cup

Just add hot water, stir, and you've got a warm bowl of protein- and fiber-packed oats in minutes for 150 to 200 calories per serving (depending on which flavor you choose). I would choose an organic brand with minimal added sugar but Quaker, Dr. McDougall's, N'Joy, and other companies sell single-serving cups of oatmeal too. You could simply carry a packet with you and ask for a cup of hot water at any fast-food place or coffee shop. For times when you need a little something extra to fill you up, slice a small piece of banana into your oats or toss in a few almonds.



## Rice cup Protein: 6 grams per 4.4-ounce cup

Whole grains are a surprisingly good source of protein. Rice cups, like Minute Multi-Grain Medley, require just a one-minute zap in the microwave. With a mix of power grains like brown rice, quinoa, and oats, it's got 6 grams of protein, plus energizing iron and B vitamins to perk you up.



## KIND Healthy Grains Bar

The amaranth, quinoa, millet, buckwheat, and gluten-free oats in these bars meet one-third of your daily whole grain needs. Apart from lowering your cholesterol, research in the Journal of Nutrition suggests a diet rich in whole grains can help you burn fat.



## Freekeh Foods

Freekeh is a cereal made from roasted green wheat. That's the one and only ingredient in this snack's original blend, making it an ideal packaged snack. With zero sodium, four grams of fiber, six grams of protein, and only 130 calories per quarter-cup serving, you can help yourself to an extra-large serving. Try rosemary sage or tamari when you want to mix things up. (Freekeh-foods.com)



## Salted Fruit & Nut Quinoa Bars

### Ingredients

- 1/2 cup almond butter
- 1/2 cup honey or coconut nectar
- 1 cup Diced Prunes, divided
- 1 teaspoon vanilla extract
- 2 tablespoons organic ground flaxseeds
- 1/2 teaspoon sea salt
- 1/4 cup filtered water
- 3/4 cup gluten free rolled oats
- 3/4 cup quinoa flakes
- 1/4 cup chia seeds
- 1/3 cup chopped almonds
- 1/3 cup chopped cashews
- 1/3 cup chopped macadamia nuts (or other nut of choice)
- Flaky sea salt

**Preheat oven to 325 degrees. Line a 8 inch square pan with parchment paper and spray lightly.**

**In a food processor combine almond butter, honey, 1/2 cup diced Prunes, vanilla, flax seeds, salt and water. Process until mixture is pureed.**

**In a medium bowl combine remaining prunes, oats, quinoa flakes, chia seeds, almonds, cashews and macadamia nuts. Stir in almond butter mixture.**

**Press mixture into prepared pan, using the back of a spatula to smooth. Sprinkle with salt. Bake for 30 to 35 minutes, until golden brown. Remove from oven and place on a rack. Allow to cool completely. Cut into 12 squares.**

## Quinoa Custard

1 Cup quinoa, rinsed well through a strainer to remove its bitter surface  
2 Cups spring water  
pinch sea salt  
2 tbsp almond butter  
1 Cup coconut milk  
to taste stevia



Place rinsed quinoa, water and sea salt in a saucepan. Cover and bring to a boil, reduce heat to low and simmer until liquid is absorbed, about 15 minutes. Remove to a bowl, fluff with a fork and allow to cool. Combine quinoa with the rest of the ingredients in a blender or good processor and blend until smooth. Add more liquid for a creamier consistency and adjust sweetness to taste. Will keep in your refrigerator for at least a week. You can do lots of things with this as a base. I eat as a snack with fresh blueberries mixed in - Enjoy.



In a medium pan, cook quinoa with water for 15 minutes or according to package directions. Let cool.

Preheat oven to 350° F/180°C.

In a large bowl, combine cooled quinoa, chopped onion, diced jalapeño, minced garlic, beaten eggs, greek yogurt, grated Cheddar cheese, salt and pepper.

Put a heaping tablespoonful of quinoa mixture into mini-rectangular silicon cups / muffin cups.

Bake for 15 to 20 minutes, or until edges turn golden brown.

Remove from oven and let cool for 5 minutes and then gently remove from pan to cool completely.

## RED QUINOA JALAPENO BITES

1/2 cup quinoa, rinsed  
1 cup water  
1 onion, finely chopped  
3 jalapeño peppers, seeded, diced  
2 garlic cloves, minced  
2 eggs, lightly beaten  
2 tablespoons Greek Yogurt  
1/2 cup grated Cheddar cheese  
Salt and Pepper to taste

## Quinoa Dessert Bites

1 cup cooked quinoa  
1 cup oats, uncooked  
1/2 teaspoon cinnamon  
1/4 teaspoon salt  
1 tablespoons honey  
1 tablespoon molasses  
1 cup chopped fruit (we used apple and coconut)  
2 eggs, lightly beaten  
1/2 cup chocolate pieces, melted

**Preheat oven to 350 degrees.**

**In a large mixing bowl, combine your cooked quinoa and oats. In a separate smaller mixing bowl, combine your cinnamon, honey, molasses and salt. Add this mixture to the quinoa and oats. Stir in your chopped fruit. Once combined add the eggs, and mix just until combined. Scoop into a sprayed mini muffin tin, making sure the pan is thoroughly sprayed.**

**Bake for 15-20 minutes.**

**Let cool, and dip in chocolate.**



## Quinoa Bites

1 Cup Cooked Quinoa  
2 Large Eggs  
1/4 Cup Grated Carrot  
1/4 Cup Finely Chopped Celery  
3 Tablespoons Buffalo Wing Sauce (find a healthy one)  
1/4 Cup Shredded Cheddar Cheese



**Preheat oven to 350°F**

**Spray 12 mini muffin tins with nonstick spray. Set aside. Combine all ingredients and transfer to mini muffin tins. Bake for 30-35 minutes.**

**Immediately transfer to cooling rack.**

## Quinoa Lettuce Wraps

8 - 10 large Boston (or really any) Lettuce leaves  
1 cup cooked quinoa, any variety  
2 carrots, shredded  
2 cups kale, lightly sautéed  
1 tablespoon Braggs Liquid Amino  
1/2 teaspoon ground ginger  
Freshly ground pepper  
Braggs - for dipping



Mix all ingredients and roll up in lettuce leaves - enjoy. You can also dip them in the Braggs soy sauce too :)



## PECAN COCONUT GRANOLA:

1/4 cup coconut or MCT oil  
1/2 cup local honey or pure maple syrup  
1 tbsp vanilla extract  
1 tsp salt  
6 cups rolled slow oats  
1 1/2 cups raw pecans  
1 cup unsweetened coconut flakes  
1/2 cup pumpkin seeds  
2 tbsp sesame seeds

Heat the oven to 325 degrees and get ready two large flat baking trays (no need to oil them). Combine the oil, salt & sweetener in a small sauce pan over low heat on the stove. Warm until just mixed and stir in the vanilla. While the liquid ingredients warm, combine the oats, seeds, coconut & pecans in a large mixing bowl. Slowly pour the honey mixture into the bowl, and stir well until all of the dry ingredients are coated. Transfer the mixture onto the two baking trays and bake in the oven for 30 minutes, stirring after 20 minutes to ensure evenness (and no burning!). Remove from the oven and stir to prevent clumping. Once cool, transfer to a jar or ziploc bag to keep fresh! Will keep for weeks stored in a cool dry place.

## Banana Nut Bread Granola Bars:

3¼ cup old-fashioned oats  
¼ cup sprouted ground flax seed  
¼ -½ cup honey or agave nectar  
¼ tsp nutmeg  
1 tsp vanilla extract

1 cup mashed banana  
½ tsp cinnamon  
½ tsp salt  
1 cup chopped walnuts

Preheat oven to 350°F.

Coat an 8x8 in. baking pan with cooking spray. In a large bowl, mix together the oats and flax seed.

In a medium bowl, stir together banana, honey, vanilla, cinnamon, nutmeg, and salt until well combined.

Pour the liquid mixture over the oat mixture and stir until evenly coated and the oats are moistened. Stir in the walnuts and some dried cherries if you want.

Press the mixture firmly into the prepared pan.

Bake for 30-35 minutes, or until golden brown and firm.

Cool in pan for about 5-10 minutes and cut into bars.



## Homemade Clif Bars



1 cup old fashioned oats (organic if you like)  
3 large biscuit style shredded wheat cereal, or 1 cup un-frosted spoon-size shredded wheat (make sure these are just plain with no other ingredients)  
1 cup raisins  
½ tsp cinnamon  
½ tsp salt  
2 eggs  
¼ cup local honey  
2 tsp vanilla  
¼ cup peanut butter  
½ cup mini semi-sweet chocolate chips

Preheat oven to 350 degrees. Spray an 8x8 pan lightly with cooking spray.

Place raisins in food processor and pulse until lightly chopped (it will be sticky) Add the shredded wheat, oats, cinnamon and salt and pulse until mixture is finely chopped and mixed. In a large bowl whisk together eggs, honey, vanilla and peanut butter. Add the oat mixture and chocolate chips and stir until combined. Spread in prepared pan and bake 15-18 minutes until edges are slightly golden. Let cool completely in the pan before slicing into squares. You can keep these in the refrigerator and have them ready for a quick snack.



## Skinny Banana Cookies

(Makes 12 - 16 cookies)

1 cup uncooked Old Fashioned Oats

1 medium ripe banana, mashed

1/4 cup chocolate chips

**This one is a super easy and a fast snack.**

**Preheat oven to 350 degrees. Spray a cookie sheet with nonstick cooking spray. Mix the mashed bananas and oats in a bowl. Fold in the chocolate chips. Using a spoon, scoop up the batter and place on the cookie sheet. Bake for 12 to 15 minutes.**

## Trail Mix Energy Bites

1 cup old-fashioned oats

1/2 cup creamy natural organic peanut butter

1/2 cup dark or semisweet chocolate chips

1/2 cup peanuts or almonds

1/2 cup chopped pretzels (optional)

1/3 cup local honey

1/3 cup raisins, dried cranberries or dried cherries

1/4 cup wheat germ

1 Tbsp. chia seeds (optional)



Stir all ingredients together in a large bowl until evenly coated. Cover and refrigerate for 1-2 hours. (This step is important -- it makes the mixture easier to shape.)

Remove and shape into small 1-inch balls, or press into the bottom of a parchment-lined baking pan to make granola bars.

Enjoy immediately, or refrigerate in a sealed container for up to 2 weeks.

It is not essential that these be refrigerated, but it helps the balls to keep their shape.

## Chocolate Cherry Almond Krispy Treats (that are healthy)

5 cups Crispy Brown Rice Cereal  
2 tbs Sprouted Ground Flaxseed  
1/2 cup + 2 tbs Brown Rice Syrup  
1/2-1 cup Dried Cherries, chopped (no sugar added)  
3/4 tsp Almond Extract  
2 scoops Chocolate Protein Powder (whey or vegetable)  
Pomegranate Icing Drizzle:  
2 tbs Powdered Erythritol (you can get this at Amazon)  
2 tbs Pomegranate Powder  
1/2 tbs Water

1/2 cup Old Fashioned Rolled Oats  
1/8 tsp Salt  
1/2 cup Raw Almond Butter  
1 tbs Vanilla Extract  
3/4 tsp Stevia



### For the Krispy Treats:

Line a brownie pan with parchment paper both ways. In a large mixing bowl, stir together the cereal, oats, flax and salt. In a large, microwave-safe bowl, stir together the rice syrup, almond butter, cherries and extracts. Microwave at 30-second intervals, stirring between each one, until mixture is runny.

Add the protein powder to the wet ingredients, one spoonful at a time, until mixed.

Scoop the mixture over the dry ingredients and fold together. Scoop mixture into the brownie pan and flatten.

Refrigerate while you make the Pomegranate Icing Drizzle.

### For the Pomegranate Icing Drizzle:

Add the erythritol and pomegranate powder to a small bowl, then add the water and stir (it should not be liquidy, it should be somewhat thick).

Pipe using a very small tip or use a sandwich bag and snip a tiny corner. Refrigerate for 30+ minutes to firm the icing and serve! Notes ---- It's best to slice the treats and then top with the drizzle, so you get more drizzle on each treat

This recipe is: no bake, low fat, high protein, gluten free!



## Skinny Pumpkin Energy

1 cup old fashioned oatmeal (uncooked)  
1/4 cup pure pumpkin puree (organic if you want)  
1/2 cup wheat germ  
1/3 cup local honey  
1/2 tsp cinnamon  
1/2 tsp pumpkin pie spice  
1/3 cup white chocolate morsels

Combine all ingredients in a large bowl until completely combined. Scoop into one inch balls. Store in refrigerator in an airtight container. ENJOY!

## Peanut Butter Protein

1 cup quick cooking oats  
1/2 cup flaxseed  
1 cup peanut butter  
1/3 cup honey  
1 tsp vanilla  
1 tsp cinnamon  
1/2 cup shredded coconut  
1/2 cup pecan pieces



Combine all of the ingredients together. Chill in the refrigerator for 15 minutes. Roll into bite sized balls. Pop one in your mouth when you're in need of a healthy pick-me-up snack!

## Make your own Homemade Kind Bars

1 1/2 cup rice puff cereal (ArrowHead Mills)  
1/2 cup unsalted almonds  
1/2 cup walnuts  
1/2 cup pistachios  
1/3 cup dried figs, chopped  
1/3 cup dried mulberries, chopped  
1/3 cup dried apricot, chopped  
2 tablespoons Chia seeds  
1/2 cup unsweetened coconut flakes  
1/2 cup brown rice syrup  
1/4 cup unsalted almond butter  
2 tablespoons coconut sugar - Optional  
1/4 teaspoon salt



Line an 8X8-baking pan with aluminum foil leaving a couple inches overhanging on the sides. Mix puff cereal, almonds, walnuts, pistachios, figs, mulberries, apricots, Chia seeds, and coconut flakes in a large bowl. Set aside. Whisk brown rice syrup, almond butter, and sugar (if using) in a small saucepan. Stirring constantly, heat it over medium heat for 2 minutes. It will be a very smooth mixture. Pour the hot mixture over the nuts and fruits mixture. Stir it until all nuts and fruits are coated with the liquid mixture. Transfer them into the lined pan. Spread them evenly. Press it using the back of a ramekin (or back of a spatula). Place it in the fridge for 2 hours. Using the overhanging foil, take the block of granola out of the pan and place it on a cutting board. Cut it into smaller pieces. Individually wrap them in wax or parchment paper and keep them in an airtight container.

# Legume

## Crispy Indian Spiced Edamame

2-4 servings

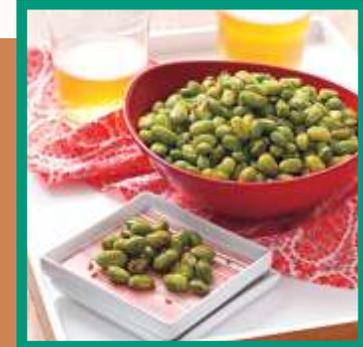
16 oz. edamame (frozen shelled, thawed, patted dry)

2 tsp. olive oil

1 TBSP cumin seed

1 TBSP. curry powder

1 tsp. salt



Preheat oven to 375°F. In a large mixing bowl, toss all ingredients until well combined. Spread in a single layer on a large, rimmed baking sheet. Bake until golden brown, about 40 minutes, stirring every 10 minutes. Remove from heat and allow to cool on baking sheet on a wire rack.



## Black Bean Hummus

1 can organic black beans (rinsed)

2 TBSP. olive oil

1 TBSP. white wine vinegar

Salt and freshly ground black pepper

1 garlic clove, minced

2 TBSP. lemon juice

½ tsp. ground cumin

½ head iceberg lettuce, cut into wedges

Mix all the ingredients together and blend well.  
Pour over lettuce

## Easy Crispy, Crunchy, Tasty, Healthy Snack - Baked Chick Peas

1 can of Organic Garbanzo Beans  
1 Tablespoon Organic olive oil  
table salt (optional)

Now I also have a version of this in the vegetable section with a lot more seasonings but this is also good and faster to make.



Turn oven to 400 degrees

Drain and rinse beans. Pour on paper towels and pat them dry. Place them in a bowl and stir in the olive oil. Pour the beans on a cookie sheet and bake for 35 to 40 minutes. Flip them around every 10 minutes or so to get them nice and brown all over. Take out of oven and toss with a little sea salt and there you go - a healthy high protein snack. Now don't eat the whole can, just about 1/2 cup should do it. A few apple slices go well with this snack.



## Roasted Garlic Kale Hummus

Yield: 4 servings

7 cloves garlic

1 (15-ounce) can chickpeas, drained and rinsed

1 cup tightly packed kale leaves, finely chopped

1/4 cup fresh lemon juice

3 tablespoons water

1/4 cup tahini

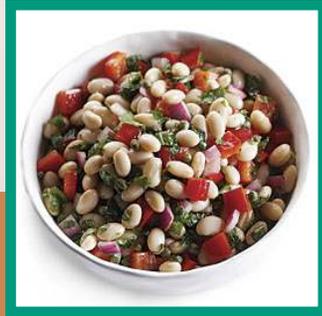
1/2 teaspoon salt, or to taste

Olive oil for serving

Preheat the oven to 400°F.

Wrap the cloves of garlic in foil and place in the oven until soft, 20 minutes. Remove from the oven and allow garlic to cool. Peel off the papery skin and add the cloves to a blender or food processor along with the remaining ingredients. Blend until smooth. Note: You can leave small bits of kale leaves in the hummus, if desired, or blend until completely smooth.

Transfer to a serving bowl and drizzle with olive oil, if desired. Serve with veggies, gluten free crackers or baked pita chips.



## White Bean Salad

Combine 1/3 cup white beans (organic canned will be fine and easy too) with 1 tablespoon sliced scallions, a squeeze of lemon juice, and 1/4 cup diced tomatoes. White beans are a good source of dietary fiber, protein, and iron.



## Mini Black-Bean Mash Taco

When it's time to get spicy, try this easy snack fix. Heat 1/2 cup of black beans (I use organic out of the can - rinsed) in the microwave with 1 tablespoon of salsa. Mash with a fork and fold it inside a small (4 to 6-inch) gluten free tortilla. Store in a small Tupperware container for easy transport. You can top with some lettuce and chopped tomato.

## CAJUN ROASTED CHICKPEAS

*YIELD:* 6 (1/3 CUP) SERVINGS

- |   |                            |
|---|----------------------------|
| 2 (15 oz) cans garbanzo beans (also known as chickpeas) |                            |
| Cooking spray   | 1/2 teaspoon salt          |
| 1/2 teaspoon garlic powder                              | 1/2 teaspoon paprika       |
| 1/4 teaspoon black pepper                               | 1/4 teaspoon onion powder  |
| 1/4 teaspoon cayenne pepper                             | 1/4 teaspoon dried oregano |
| 1/4 teaspoon dried thyme                                |                            |



**Preheat the oven to 400 degrees.**

**Drain and rinse the garbanzo beans and then spread them in a single layer on a clean dish towel. Pat dry with another towel and allow them to sit and dry for another 5 minutes. Transfer the chickpeas to a single layer on a baking sheet and place in the oven. Bake for 30 minutes, shaking the pan (or stirring the chickpeas) every 10 minutes.**

**While the chickpeas are roasting, combine all the spices listed and stir until well mixed.**

**Remove the chickpeas from the oven and spray them with cooking spray to coat. Immediately transfer the chickpeas to a mixing bowl while still hot and sprinkle the seasonings over the top. Mix together until chickpeas are well coated.**

**Spread the seasoned chickpeas back onto the baking sheet and return them to the oven for another 10-15 minutes. Turn the oven off and leave the chickpeas in for another 10 minutes. Remove from the oven and allow to cool for about 5 minutes.**



## Chipotle Lime Chickpeas

2 cups cooked chickpeas  
1½ tsp. chipotles in adobo sauce  
1 tsp. local honey  
1 tbs. lime juice  
½ tsp. salt (or more to taste)

Preheat the oven to 375 degrees.  
In a small bowl stir together the chipotles in adobo sauce, honey, and lime juice. Place the cooked chickpeas in a large roasting pan or on a cookie sheet that has sides. Pour the chipotle mixture over the chickpeas and stir to coat. Sprinkle with the salt. Cook them for 35-40 minutes, stirring every 10 minutes. Toward the end, taste one every few minutes to see if they're crispy yet. Cool the chickpeas before eating and enjoy.

## Sunflower Lentil Spread

1 (15-ounce) can lentils, rinsed and drained  
1 tablespoon lemon juice  
¼ teaspoon salt  
¼ teaspoon pepper  
2 tablespoons sunflower seeds  
1 celery stalk, finely diced  
1 scallion, finely diced  
2 tablespoons chopped fresh parsley  
2 pitas, halved



Combine lentils, lemon juice, salt, and pepper in a blender; process until smooth. Stir in sunflower seeds, celery, scallions, and parsley. You can put this on gluten free flat bread or use it as a dip for celery sticks, cucumber strips or as a spread on any gluten free cracker.

This is super easy and quick to make and taste fantastic!

## Crispy "Popcorn"

one 12oz. bag of frozen shelled edamame  
1 tsp. olive oil  
the juice from half a lemon (about 2 tsp.)  
sprinkle of salt (to taste)



Allow frozen edamame to thaw on the counter or under lukewarm running water.  
In a large bowl, toss edamame with oil and lemon juice.  
Bake at 375F degrees on a foil-lined baking sheet for 40 to 45 minutes or until lightly browned and crispy.  
Sprinkle over salt to taste while edamame are still hot. Allow to cool completely before storing in an airtight container.

# Proteins

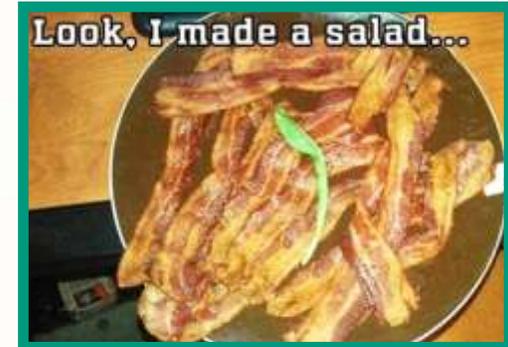
## Quick Egg Salad

1 hard boiled egg  
1 hand full of spinach with ½ cup red pepper, onions, mushrooms – use apple cider vinegar for dressing



## Quick Bacon Salad

2 pieces of bacon, cooked  
Small garden salad – use apple cider vinegar as dressing



## Shrimp On A Stick

6 grilled shrimp  
½ cup grilled vegetables – zucchini, mushrooms, onions



## Goat Cheese With A Taste Of Apple

1 ounce goat's feta cheese, crumbled onto vegetables  
1 cup chopped cucumber, tomato, red pepper  
1 apple sliced into bite size cubes – can use apple cider vinegar as dressing



## Protein Power

2 scoops Orgain Chocolate Protein Powder  
1 cup unsweetened chocolate almond milk  
½ tsp cinnamon

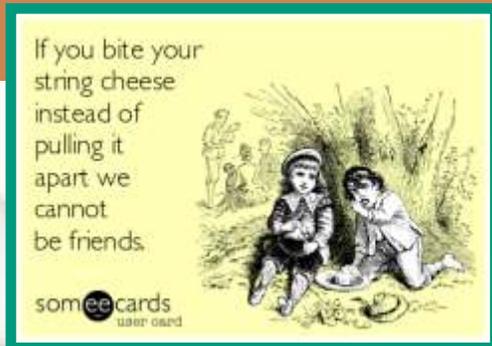


## Protein Power....Green?

1 scoop Orgain Vanilla Protein Powder  
1 Tablespoon Powdered Wheat Grass (from [www.nuts.com](http://www.nuts.com))  
1 cup Rice Drink – combine all ingredients and drink



2 Mozzarella Cheese Sticks (string cheese)



Quest Protein Bars



## Chicken and Pita Pocket

1 cup baby spinach  
4 ounces cooked skinless, boneless chicken  
1/2 cup sliced red bell pepper  
2 tablespoons low-fat Italian vinaigrette  
1 (6-inch) whole-grain pita, cut in half

There's no reason you can't have smaller portions of "real" food as snacks. Oftentimes, the healthiest and most balanced snacks are the ones that start as full meals—like a half a sandwich, or a plate of leftovers put together from dinner the night before.

Whip up this chicken and veggie pita in the morning, and split it in half for two snacks throughout the day. Each half contains 200 calories, 3 grams of fiber, and more than 20 grams of protein.

Combine spinach, chicken, bell pepper, and vinaigrette in a bowl; toss gently. Serve in pita halves.



## Lemon Protein Bars

1 cup oat flour	1/2 cup vanilla protein powder
1/4 tsp. sea salt	1/2 tsp. baking soda
6 oz. lemon juice	4 egg whites
1/4 - 1/2 tsp. Stevia	8 oz. applesauce

Preheat oven to 350 degrees

Grease an 8 x 8 pan with coconut oil

Mix oat flour, protein, salt and baking soda together. In a separate bowl, combine lemon juice, egg whites, Stevia and applesauce.

Combine ingredients from both bowls into 1 bowl. Spread into greased pan and bake for 25 minutes.

## Shrimp Stack

1 tablespoon fat-free plain Greek yogurt	1/2 teaspoon fresh lime juice
1/4 teaspoon jalapeño sauce	1/4 avocado, chopped
1 crisp rye flatbread	5 cooked large shrimp
Chopped fresh parsley and cracked black pepper (for garnish)	

Stir yogurt, lime juice, sauce, and avocado; spread on cracker. Top with shrimp, parsley, and pepper.



## Hard Boiled Egg



## TOASTED COCONUT AND PROTEIN BARS

Makes 3 medium-sized bars  
1/2 cup Vanilla or Chocolate protein  
1/4 cup of Flaked Coconut (try toasting your own!)  
1/4 cup of Coconut Flour  
1/4 cup of Coconut Milk (may need a little more)  
30 grams melted 85% Dark Chocolate



Mix Protein powder, coconut flakes, coconut flour and coconut milk together and form into bars. Dip in the melted chocolate and lay on parchment paper in the refrigerator until chocolate has hardened. Enjoy (but only one)

## Blueberry Muffin Protein Balls (Makes 22)

2 Cups of Slivered Raw Almonds	1 Cup of Pitted Dates
3 Scoops of Protein Powder	1 Tbsp Vanilla Extract
1/4 Cup Ground Flax	Juice of 1/2 Lemon
Zest of 1/2 Lemon	1/4 Cup Filtered Water
1/3 Cup Dried Natural Blueberries	1/4 Cup Wheat Germ (for rolling)



**Add your two cups of almonds to your food processor and blend until it is flour. Add your 3 scoops protein powder and 1/4 cup ground flax. Pulse until blended. Add the vanilla extract, lemon juice, lemon zest, dates, and water. Blend until dough texture. Remove the dough from the food processor and place in a bowl. Hand mix blueberries into mixture. Begin rolling protein balls into 1 inch balls. Roll protein balls in wheat germ until completely covered. Place balls on a plate or in a container, cover and place in the fridge. Recommended serving is 2 Blueberry Muffin Protein Balls. \*Special Note – These tend to be quite sticky. Placing these in the fridge for 10-15 minutes before rolling will help. I like to use two metal spoons to do my rolling.**

## Shrimp Cocktail

Eight medium sized shrimp boiled and served with 2 tbsp. cocktail sauce



## Honeyed Yogurt

½ cup nonfat Greek Plain Yogurt with a dash of cinnamon & 1 teaspoon local honey



## Cherry Pie Protein Balls

(Makes 22)

2 Cups of Pecans

3 Scoops of Vanilla Protein Powder

¼ Cup Ground Flax (optional)

Zest of 1/2 Lemon

1/3 Cup Dried Natural Cherries

1 Cup of Pitted Dates

1 Tbsp Vanilla Extract

Juice of 1/2 Lemon

¼ Cup Water

¼ Cup Toasted Coconut (for rolling)

**Add your two cups of pecans to your food processor and blend until it is in small pieces. Add your 3 scoops protein powder and 1/4 cup ground flax. Pulse until blended. Add the vanilla extract, lemon juice, lemon zest, dates, and water. Blend until dough texture. Remove the dough from the food processor and place in a bowl.**

**Hand mix cherries into mixture.**

**Begin rolling protein balls into 1 inch balls.**

**Roll protein balls in toasted coconut until completely covered.**

**Place balls on a plate or in a container, cover and place in the fridge.**

**Recommended serving is 2 Cherry Pie Protein Balls.**

**\*Special Note – These tend to be quite sticky. Placing these in the fridge for 10-15 minutes before rolling will help.**



## Turkey Roll Ups

Two slices smoked turkey rolled up and dipped in mustard



## Tuna pouch

Protein: 16 grams per pouch

No, you don't have to pop open a can. Buying tuna in a pouch makes it easy to eat. There's no draining required and you can dig in with a fork. Each tuna packet contains 16 grams of protein and 100% of your daily need of the free-radical-fighting antioxidant selenium. If you're not into plain tuna, try marinated flavors like lemon pepper.



## Jerky

Protein: 7 to 11 grams per 1-ounce serving

Brands like Krave and Perky Jerky are putting a healthy spin on jerky. Made with pork, beef, and turkey, they come in inventive flavors like basil citrus and teriyaki. One ounce of jerky has 7 to 11 grams of protein for a slim 70 to 90 calories. Buy nitrate-free brands and watch out for sodium, since jerky is typically high in salt.

## "Ips" All Natural Egg White Chips

It might sound weird, but these chips are certainly worth a crunch. Made from egg whites, they pack seven grams of metabolism-revving protein and come in convenient single-serving bags. ([Ipsallnatural.com](http://Ipsallnatural.com))



## See I Told You Jerky Comes In All Kinds Of Flavors Like Krave Turkey Jerky

Don't worry, this isn't your typical gas station jerky. It comes in flavors like lemon garlic and basil citrus, is loaded with protein, and is 97% fat free. The basil citrus pairs nicely with an orange. (Kravejerky.com)



## Chicken Breast with Italian Seasoning & Romano

A delectable combination of Italian-spiced chicken breast, roasted red peppers, shallots and Romano cheese is brought to life with sea salt and cane sugar for a high protein, low calorie snack that satisfies. 60 calories. No added MSG, fillers or artificial ingredients. Gluten-free. [www.simplysnackin.com](http://www.simplysnackin.com)



## Protein Packed Turkey Wrap

- 4 leaves iceberg lettuce
- 4 slices roast turkey
- 1/2 cucumber (sliced)
- 1/4 cup hummus

Top a lettuce leaf with a slice of turkey, cucumber, humus and paprika, then, as if it were a sandwich, wrap it up with another piece of lettuce and there you go - the perfect mid-day or late night snack.

Repeat with the remaining ingredients.



## Chicken Wrap Taquito's

3 1/2 lbs boneless skinless chicken breasts  
4 Tbsp garlic powder  
4 Tbsp onion powder  
1 cup salsa (use mild if kids will be eating these!)  
2 Tbsp olive oil  
2 Tbsp nutritional yeast (Not the same as yeast for baking bread)  
4 corn tortillas (packs, 12 count small)



**Bake the chicken breasts in the oven at 350 with half of the onion and garlic powder sprinkled on them, until done.**

**Cut off any unwanted parts and put the cooled chicken breasts into a food processor.**

**Add the rest of the garlic and onion powders, salsa, olive oil, and nutritional yeast. Blend until you have a well blended, “crumbly dough” looking mixture.**

**Warm the tortillas in the microwave, wrapping them in a wet paper towel. Get them nice and “pliable” so they don’t rip while you are rolling them. They will be hot, so don’t burn yourself!**

**Put about 1 tbsp. of meat on a tortilla, and roll up like you are rolling a carpet.**

**Place the taquitos in an oiled baking pan and spray the tops with olive oil using an oil mister/sprayer. This will give you the browned crunchiness that everyone loves in a taquito.**

**Bake at 400 degrees F. until they are golden brown (About 20 minutes, but the time can vary from oven to oven. So keep an eye on them).**

**Cool and serve with salsa for dipping!**

**Note: These freeze well. To eat after freezing, defrost overnight in the fridge and then warm in the oven. You can microwave them, but they get soggy.**

2 boneless skinless chicken breasts (large, poached)  
1/4 cup nonfat greek yogurt  
1/3 cup celery (diced)  
1/3 cup apples (diced)  
1/3 cup grapes (halved)  
1/4 cup slivered almonds

## Quick & Easy Chicken Salad

**Dice poached chicken breasts and place in a large bowl. Mix in Greek yogurt until all the chicken is coated evenly.**

**Add celery, apple, grapes, and almonds to the bowl and mix in.**

**Enjoy immediately; store remaining chicken salad in fridge.**



## Turkey Surprise Wraps

1 oz turkey meat (low sodium, nitrate free, natural)

1 asparagus (thick, spear)

1/2 tsp bbq sauce (or favorite low-fat sauce)



Set oven to 450F.

Wash then chop the ends (bottoms) off the asparagus.

Wrap asparagus in 1 oz turkey meat slice.

Sear the wrapped asparagus in non-stick skillet on medium-high heat for 2 minutes so the turkey is “cooked shut” or sealed.

Remove and place on a baking rack or sheet. Rub with BBQ sauce.

Bake in the oven for no more than 5 minutes so that the asparagus remains semi-firm.

## Chicken Salad Twist

7 ozs chicken breasts (cooked, shredded or diced)

2 tbsps light natural mayonnaise

1 scallions (small, chopped)

2 tbsps chopped cilantro

1 pinch garlic powder

1 pinch chile powder

2 tps lime juice

salt (and pepper)

1 pinch cumin

low sodium chicken broth



Combine chicken, mayonnaise, scallions, lime juice, and cilantro. Season to taste with salt, pepper, garlic powder, cumin, and chile powder. Add a little chicken broth if chicken seems too dry, 1 tbsp at a time. Scoop out center of tomato and fill with the chicken salad.



## Ham and Jicama Wraps

Dividing evenly, wrap 6 jicama or celery sticks with 3 slices ham. Serve with 1 teaspoon whole-grain mustard for dipping.

## Clean Blueberry Protein Muffins

2 1/2 cups protein powder (either whey or vegetable)  
3 tbsp almond flour  
3 tbsp unsweetened almond milk  
1 mashed banana  
2 tbsp coconut oil (melted)  
1 1/2 tbsp cinnamon  
Pinch of sea salt  
1/2 cup blueberries

1 1/2 cups eggs whites  
2 tbsp sprouted ground flaxseed  
2 tbsp water  
1/4 cup organic (no sugar added) applesauce  
1 tsp. vanilla extract  
3 tsp. baking powder



**Preheat oven to 350 degrees**

**In a large bowl, mash banana with almond milk until smooth. Add in the rest of the ingredients up to the blueberries and mix well. Gently fold in your blueberries.**

**Spoon mixture into a muffin tin sprayed with coconut oil (you can also use cupcake holders) and fill close to the top. Bake for 15 to 20 minutes or until a toothpick inserted comes out clean. Sprinkle powdered stevia on top if you like and enjoy.**

## The BEST Banana Nut Protein Muffin

1 cup unsweetened almond milk  
1 serving (or 1/2 cup) vanilla protein powder  
2 really ripe bananas (the riper the better)  
3 egg whites  
3 tbsp coconut flour  
1 tbsp pure vanilla extract  
4-6 dates (depends on how sweet you want your muffins to be)  
1/2 tsp baking powder  
1/2 tsp cinnamon  
1/3 cup walnuts



Heat oven to 350 F. Mix all ingredients except for the walnuts (I used my Vitamix, but a hand blender will work fine too) and make sure all the pits have been removed from the dates - that's very important! ! !  
Break the walnuts into bite-sized pieces and add to mixture. Pour the batter into a lightly oiled muffin pan, giving them a little extra room at the top since the muffins will rise when cooked.  
Cook the muffins for 45 minutes or until a knife comes out clean when you insert it. Let the muffins cool (if you can wait, that is) and enjoy!

## Hamburger Wraps

This is one of my go to snacks and your whole family will like this. Saute grass feed ground sirloin in 2 tbsps coconut oil with some finely chopped onion, garlic, bell pepper and any other vegetable you would like. Cook till meat is done but vegetables are still crispy. Wrap it up in a gluten free wrap with a little mustard and lettuce and there you go - a healthy high protein snack. You can prepare this one ahead of time and have it in the refridge ready to grab and go.



# Nuts & Seeds

## Berry Walnut Combo

5 Strawberries  
15 walnuts



## Cottage Cheese Blend

½ cup cottage cheese  
4 strawberries, chopped  
1 tbsp pumpkin seeds



## Roasted Chili Almonds

1 TBSP. grass fed butter  
1/8 tsp. chili powder  
1/8 tsp. cayenne pepper & dash salt  
1 cup whole almonds

**Preheat the oven to 400 degrees**  
**Heat the butter and spices in saucepan and stir in the nuts then spread them on a baking sheet.**  
**Roast for 10 to 12 minutes until very fragrant and warm but not overly toasted. Enjoy**



## Fun Yogurt Mix

½ cup Greek Yogurt  
2 tbsp pine nuts  
½ tsp cinnamon



## Nut Carrot Mix

16 pistachios  
10 baby carrots



## Nuts Go With Just About Every Fruit

15 hazel nuts  
15 Blueberries



15 almonds  
1 pear



5 Strawberries  
1 tbsp raw nut butter



Spicy Roasted Pecans

This snack not only tastes great but it also makes your entire home smell fantastic! Preheat the oven to 350 degrees. Use 2 cups of raw pecans. In a bowl, combine 2 organic egg whites, 2 tsp. organic cinnamon, 2 tsp. organic chili powder, 1 tsp. salt, 2 tsp. raw honey (optional), ¼ tsp. organic cayenne pepper (optional). Add the pecans to the bowl and stir. Place on a parchment-paper lined baking pan. Bake for 20-30 minutes. Let cool for 20 minutes.

## Almond Butter & Banana Sandwich

1 medium banana  
2 tbsp almond butter  
1 tbsp raw honey/agave/maple syrup (optional)  
1 tbsp tahini (optional)  
Toppings of choice: walnuts, raisins, almond flakes, sesame, chia seeds



**Slice your banana lengthwise.**  
**Mix almond butter with tahini and sweetener of choice.**  
**Layer it all up!**  
**Enjoy. Serves 2**



## Almond Butter Banana Breakfast Cookie

1 ripe banana  
1 egg  
1/3 cup maple syrup  
1/2 tsp vanilla  
1/2 cup almond butter  
1 cup spelt flour  
1/4 tsp baking soda  
1/2 tsp baking powder  
1/4 cup ground flax or flax meal  
1 cup oats  
1/2 cup shredded coconut

Preheat the oven to 375 degrees

In a large mixing bowl, mash up your ripe banana then add the egg, syrup, vanilla and the almond butter and blend with an electric mixer.

In another bowl, stir together your dry ingredients. Now add the dry to the wet in three additions, mixing well between each one.

Line a cookie sheet with parchment. Use a half cup measure to scoop out batter onto the parchment, leaving 2 or 3 inches between each. Pop into a hot oven and bake for 12 to 14 minutes.

Allow to cool for a few minutes before removing from the sheet and cooling completely on a rack.

## Paleo Fig Fudge Balls

- 1 ½ cup raw cashews
- 2 cups dried figs (any piece of the stem removed)
- 3 tbsp unsweetened shredded coconut
- 1 tsp vanilla extract
- 1 tbsp honey
- 4 tbsp unsweetened cocoa powder
- 1 tsp coarse sea salt (because it's better than all other salts. period)



Take any of the leftover stem off your dried figs.  
Throw your figs and cashews in your food processor on high until you get a paste.  
Then add the rest of your ingredients.  
Taste to see if you need more salt.  
Turn on high again to mix well.  
Now use your hands to make balls any size you please.  
Top with coarse sea salt.

## Grainless Granola

- 1 cup raw pecans, chopped
- 1 cup dried apples, chopped
- 1 cup raisins
- 1 cup raw sunflower seeds
- ½ cup raw almonds, chopped
- Pinch of ground clove, cinnamon & nutmeg



Combine all ingredients in a bowl and serve.  
Serving Size – ½ cup

## Pecan Coconut Balls

Serves 4

1 cup pitted medjool dates

1 ½ cups pecans

½ cup unsweetened coconut flakes

3 tbsp. hemp seeds

½ tsp. vanilla

**Process pecans in food processor until ground.  
Add dates and process until mixture is sticky.  
Add hemp seeds and coconut.  
Process until blended.  
Roll into balls and refrigerate until firm,  
approximately one hour.**



## Overnight Choco-Oats

This is the ultimate pre-packaged snack. In a container with a secure lid, mix ½ cup oats, 1 cup coconut milk, 3 tablespoons chocolate protein powder, and a handful of walnuts until well combined. Let sit in fridge overnight (or up to a few days). Need some extra sweetness? Add ½ a banana, mashed!



## No-Bake Granola Energy Bites

YIELD: Makes about 20-25 bites

1 cup dry oatmeal (I used old-fashioned oats)

½ cup creamy peanut butter

⅓ cup honey

½ cup mini chocolate chips, *optional*

⅔ cup toasted coconut flakes

½ cup ground flaxseed or wheat germ

1 tsp. vanilla extract

**Stir all ingredients together in a medium bowl until thoroughly mixed. Chill in refrigerator for half an hour. Once chilled, roll into balls about 1" in diameter.  
Store in an airtight container and keep refrigerated for up to 1 week.**





## Savory Coconut Flakes

1 cup Unsweetened Coconut Flakes  
1 tsp Cinnamon  
¼ tsp Nutmeg  
¼ tsp Allspice  
¼ tsp Salt  
1 tsp Coconut Oil, melted

Preheat oven to 350F. Line a baking sheet with parchment paper. Put the coconut flakes in a ziplock bag and pour the cinnamon, nutmeg, allspice, and salt on top of it. Give it a quick shake. Pour the coconut oil in the bag and shake it again, coating all the flakes. Pour the coconut on the parchment lined baking sheet and put in the oven on the center rack. Bake for 3-5 minutes, watching carefully the whole time to make sure they don't over-brown or burn. Eat them all if you like - but you can share too.

## Raw Brownie Bites Recipe

2 cups whole walnuts  
2 ½ cups medjool dates  
1 cup cacao powder  
1 cup raw unsalted almonds, roughly chopped  
¼ tsp. Sea Salt



Place walnuts in food processor and blend on high until the nuts are finely ground. Add the cacao and salt. Pulse to combine.

Add the dates one at a time. The consistency should be like cake crumbs but that when pressed, will easily stick together (if the mixture does not hold together well, add more dates).

In a large bowl, combine the walnut-cacao mix with the chopped almonds. Press into a lined cake pan or mold. Place in freezer or fridge until ready to serve. Store in an airtight container.

## Spiced Pumpkin Seed and Cashew

coconut oil  
1 teaspoon light agave syrup (nectar)  
1/2 teaspoon kosher salt  
1/4 cup raw cashews, coarsely chopped  
1/4 cup shelled sunflower seeds  
1 large egg white  
1/2 teaspoon garam masala or curry powder  
1/8 teaspoon cayenne pepper  
1/4 cup shelled pumpkin seeds (pepitas)

Preheat oven to 300°F. Coat a rimmed baking sheet with coconut oil. Whisk egg white, agave, garam masala or curry powder, salt, and cayenne in a medium bowl. Add nuts and seeds and toss to coat. Using a slotted spoon, transfer mixture to baking sheet, letting excess egg drip back into bowl. Bake, tossing once, until mixture is golden brown, 20–25 minutes. Let cool on baking sheet. This can be made 5 days ahead and stored in an airtight container at room temperature.



## Protein Snack Bites

1 cup fresh ground organic peanut butter  
1 cup fresh ground organic almond butter  
1/4 cup chopped roasted almonds  
1/4 cup ground flax seeds  
1/4 cup oat bran  
3/4 cup local honey or agave nectar  
2/3 cup vanilla protein powder  
1-2 cups raw medium shredded coconut

Combine honey, almond butter and peanut butter. Next mix in protein powder, ground flax seed, chopped almonds and oat bran. Roll one tablespoon of mixture into a ball then roll in raw coconut to coat. Place finished product in small paper baking cups. When all the mixture has been formed into balls and rolled in coconut, place in an air tight container and store in the refrigerator for up to two weeks. When the snack bites are at room temperature they are very soft so refrigeration is important for the snack bites to hold their shape. Makes 32 snack bites.

## Sweet & Spicy Almonds

3 cups unsalted almonds  
1/3 cup Stevia in the Raw  
1 tsp. kosher salt  
1 egg white  
1/2 tsp. cumin  
1/2 tsp. smoked paprika  
1/2 tsp. cinnamon  
1/2 tsp. cayenne pepper

Heat oven to 325 and line cookie sheet with parchment paper. Mix stevia, egg white, salt, cumin, paprika, cinnamon, & cayenne pepper. Mix in the almonds and coat them evenly. Spread them evenly on a cookie sheet. Bake stirring twice until the almonds are dry for 30-35 minutes. Transfer to a clean sheet of parchment paper and let them cool. Put in baggies & bring them with you for a quick & healthy snack!



## HEALTHY COOKIE DOUGH BARS

1 ounce dark chocolate  
1 1/2 cups Medjool dates  
1/2 cup peanuts  
1/2 cup almonds  
1/2 cup peanut butter

In a food processor, chop the chocolate into small bits. Remove and set aside. Place the remaining ingredients in the food processor and combine until a paste begins to form. You still want to see tiny pieces of each ingredient. You may need to do this in batches, depending on the capacity of your food processor. If the mixture doesn't stick together very well, add water one teaspoon at a time until a sticky paste forms. Then add the chocolate back into the food processor and pulse briefly to mix it in.

Press the dough into an 8x8 inch pan, cover, and refrigerate for about 2 hours. Cut the mixture into 10 bars and store them in the refrigerator.



## DIY Larabars

- 2 cup raw whole almonds
- 1/2 cup coarsely chopped dark chocolate (from a 3-4 oz. bar; can use chips if preferred)
- 3 cup whole pitted dates
- 1 cup dried unsweetened cherries
- 2 tbsp almond butter (or any “nut” butter you prefer), divided



Line a 9 x 13 straight-sided pan with a piece of parchment paper, so that the paper hangs over the long sides. Place the almonds in your food processor and pulse until finely chopped. Add the chocolate and pulse again until finely chopped. Pour mixture into a large bowl; set aside.

Place half of the fruit in the food processor and process until a paste forms and clumps together. Add 1 tbsp of the nut butter and 1/2 of the almond/chocolate mixture; process until evenly combined. Scrape into the prepared pan. Repeat with the remaining fruit, nut butter and almond/chocolate mixture. Scrape into the prepared pan.

With slightly wet hands, press the mixture evenly into the bottom of the pan. Fold the excess parchment over the bars to cover, and use something flat and heavy to press down firmly on the mixture until it is smooth (I used a small cutting board). Chill for at least two hours. Using the parchment paper as a guide, transfer the bars to a cutting board. Cut into desired shapes (I cut mine into small single serving rectangular bars). Store, covered, in the refrigerator.

## Chocolate Almond Protein Bars

- 1 cup raw almonds
- 1/4 teaspoon sea salt
- 1 teaspoon cinnamon
- 1 1/2 cups organic oats
- 5 ounces plant-based vanilla protein powder (I like Garden of Life Raw, Orgain or Sun Warrior)
- 1/3 cup maple syrup
- 1/4 cup dairy-free chocolate chips (optional)



Prepare an 8 x 8-inch square pan by lining with parchment paper or cooking spray.

Measure out 1/4 cup of the almonds, chop, and set aside for the topping.

In a food processor, pour in the remaining 3/4 cup of almonds and the salt. Process until you have almond butter, several minutes.

Add the oats, protein powder, and maple syrup, and process until smooth.

Press mixture into the pan using the back of a spoon. Top with chopped almonds, pressing those into the bars.

Place chocolate chips in a small glass bowl, and microwave until melted. Drizzle chocolate over the bars, and allow to set in the fridge for 20 minutes before cutting.

Store bars in an airtight container in the fridge where you can grab one when you need that quick snack.

# Fruit

## Blueberries & Yogurt

½ cup Greek Yogurt  
1 tbsp chia seeds  
¼ cup blueberries



or



## Blueberries & Cottage Cheese

½ cup cottage cheese  
1 tbsp ground Flax Seed  
¼ cup blueberries



1 ounce cheese  
15 grapes

## Berries with coconut oil drizzled on top

I love this one because it's simple and it takes 10 minutes. Melt organic unrefined coconut oil in a pan. Once melted, drizzle it on top of your favorite organic berries and place in the freezer for 5 minutes. Deeeeeeeelish. Antioxidant powerhouse, blood sugar stabilizer and sweet tooth destroyer.

## Pear slices with almond butter

Pair your pear with a tablespoon of almond butter for the perfect carb and protein combination. Boost its health profile with a dash of cinnamon: A 2012 Journal of the Academy of Nutrition and Dietetics study found that the spice helps stabilize blood sugar levels.



## Cinnamon and Honey Spiced Grapefruit

1/2 grapefruit  
1 Tbsp honey  
1/2 tsp. vanilla extract  
Pinch of cardamom  
Pinch of cinnamon  
Pinch of nutmeg

Position oven rack so that it sits four inches below the broiler in your oven and preheat the oven to broil. Cut one grapefruit in half and place halves in a small baking dish. Drizzle with honey and vanilla extract. Sprinkle spices over top and broil in the oven for 5 minutes. Enjoy!  
Yield: 1 serving



## “Cocoa Nut” Bananas

4 teaspoons cocoa powder  
4 teaspoons toasted unsweetened shredded coconut  
2 small bananas, sliced on the bias

Place cocoa and coconut on separate plates. Roll each banana slice in the cocoa, shake off the excess, then dip in the coconut.

## Pineapple with Shredded Coconut

1 cup pineapple cubes with  
1 tbsp unsweetened shredded coconut



## Paleo Blueberry Muffins

You'll need:

½ cup coconut flour	2 tbsp. of unrefined coconut oil
6 organic eggs	½ tsp. baking soda
½ tsp. baking powder	½ tsp. unrefined sea salt
1 tsp. cinnamon	3 tbsp. local honey
½ cup organic blueberries.	

Bake these babies at the beginning of the week for a tasty treat that is ready whenever you are. To begin, preheat the oven to 350 degrees.

Mix the dry ingredients in a bowl (baking soda + baking powder + unrefined sea salt + cinnamon). Then mix the wet ingredients (honey, eggs, unrefined coconut oil). Then combine the wet and dry ingredients in a blender until smooth. Stir in the blueberries, pour in the tin, and bake for 20-25 minutes. Voila! Store in the refrigerator or freezer for a quick snack anytime.



## Baked Apple Chips

3 apples (I use Granny Smith, Pink Lady, or Honey Crisp)  
Ground cinnamon  
Stevia or granulated sugar (optional)



**Directions:**

Preheat oven to 200F degrees. Line two large baking sheets with silicone baking mats. Set aside.

Wash and thinly slice the apples as shown in the photo. Spread the apple slices onto the baking pans making 1 single layer. Sprinkle with cinnamon and sugar.

Bake for 1 hour, flip the apples over, and bake for another 1-1.5 hours. Turn the oven off and keep the apples inside as the oven cools down for 1 hour. This will help them get crunchy. Some apples may just be chewy and only slightly crunchy after 3 hours in the oven. Store apple chips at room temperature in an airtight container for up to 1 week.

## Apple Sandwiches

*Makes 3 sandwiches*

1 tablespoon rolled oats (gluten free if you like)

1/8 teaspoon ground cinnamon

3 tablespoons natural peanut or almond butter

3/4 teaspoon honey

1 tablespoon raisins

1 medium apple



Combine the oats and cinnamon in a dry skillet over medium heat and toast, stirring occasionally, until the oats are golden. Cool before using. Mix together the peanut butter and honey.

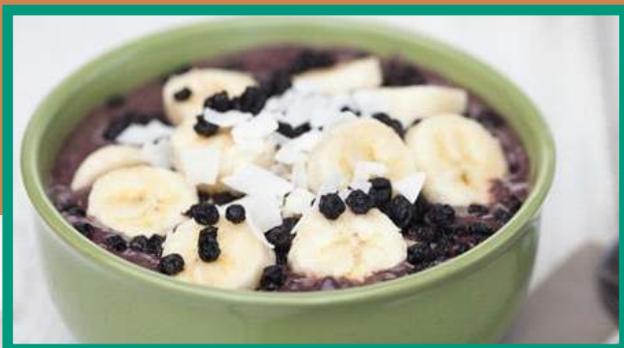
Core and slice the apple into 6 rounds. (If you don't have an apple corer, you can slice the apple first and then cut out the centers with a small cookie cutter or knife.)

Spread 1 tablespoon of peanut butter on 3 of the apple slices and sprinkle with raisins and oats.

Top with the remaining apple slices to form sandwiches.

### *Notes:*

If you are not eating the apple right away, you can brush it with lemon juice to prevent browning. A solution of 1/4 cup water and 1 tablespoon lemon juice does the trick without tasting too lemony.



## Blueberry Pudding

Serves 4

1 cup coconut milk

2 avocados

1 tbsp. honey

1/2 tsp. sea salt

1 drop peppermint oil extract (optional)

1 cup kefir

1 cup blueberries

4 tbsp. chia seeds, ground

1 tbsp. vanilla extract

Blend all ingredients in a high powered blender.

Refrigerate and serve cold with a few banana slices on top ☺

## 7-Minute Paleo Apple Crumb

### Apple Filling

- 1 apple, peeled, cored, and sliced
- 1/2 lemon, juiced
- 1 tsp water
- 1/2 tsp cinnamon

### Crumb Topping

- 1/2 cup almond meal
- 1 tsp raw honey
- 1 tsp coconut oil
- Dash sea salt



### Instructions

Preheat oven to 350

Place chopped apples in a microwave safe bowl and add cinnamon, lemon, and water

Microwave for 1 minute, then mix and microwave for another 1 min

Mix and microwave for a remaining 30 seconds or until soft- set aside

In a bowl combine topping ingredients until crumbly

Place on baking tray and bake for 5 minutes

Place apple filling in shooter glasses and layer with crumb topping



## Frozen Grapes

Wash and dry grapes and put them in the freezer for a couple hours then enjoy!

## Frozen Greek Yogurt Covered Blueberries and or Strawberries

Greek Yogurt flavor of choice

Blueberries and/or Strawberries

Using a toothpick, swirl each blueberry and/or strawberry individually in the yogurt so it's fully coated, then place each on a baking sheet lined with parchment paper. Pop the baking sheet in the freezer for about an hour and the berries are ready to eat!

## Greek Yogurt & Crushed Almond Banana Popsicles

Makes 4

2 bananas

1 cup vanilla Greek yogurt

2 handfuls almonds, crushed

1 tbsp peanut butter or almond butter

Popsicle sticks

Mix the Greek yogurt and nut butter together in a bowl.

Cut each peeled banana in half and carefully insert the popsicle stick in the cut end.

Coat the banana in Greek yogurt. It's easiest to roll it in a bowl and then spread evenly with a knife.

Coat in crushed almonds.

Lay the banana on your plate. Repeat the process with each banana piece.

Once you have your batch of banana popsicles, put them in the freezer for 3 hrs.



## Frozen Yogurt Blueberry Kabobs

Yogurt

Blueberries

Wooden Skewers



Take your skewer and start stabbing blueberries! You'll need to use your fingers to slide them up the stick individually. I slid mine about 1/2 way up the stick.

Keeping stabbing/skewering berries until you reach the end of the stick

Now lay that baby down in a lovely pillow of yogurt (I love the honey greek yogurt) and ROLL BABY, ROLL!

Place in a container standing on end or laying down flat on cookie sheet.

Freeze for at least 30 minutes.

## Paleo Apple Nachos

apples  
fresh lemon juice  
almond butter  
chocolate chips  
unsweetened shredded coconut  
sliced almonds



**Slice apples and toss with the lemon juice in a large bowl**

**Arrange the apples in a plate and drizzle with almond butter. You can use a pastry/piping bag or a ziploc bag to drizzle the almond butter.**

**Sprinkle with shredded coconut, chocolate chips and sliced almonds**

## Greek Yogurt Pops



**Make your own frozen yogurt by mixing your choice of berries in plain yogurt (you can add some stevia to make it sweeter) then place in frozen popcycle molds and put in the freezer till frozen. These are great and very tasty.**



## Banana Nutter

**Few pairings are more comforting than a classic peanut butter with banana. Simply top a rice cake (brown rice for extra fiber points!) or whole-grain toast with 1 tablespoon of your favorite nut butter and half a sliced banana. Sprinkle with cinnamon for some extra healthy benefits!**



## Vanilla Raspberry Chia Pudding

Serves 2

Serving size: one jar

1 cup raspberries, fresh or frozen

1 cup coconut or almond milk

1 tbsp. honey

1 tsp pure vanilla extract

Juice of one lemon

2 tbsp. Greek yogurt (optional)

3 tbsp. chia seeds

In the bowl of your food processor or blender, combine all the ingredients except chia seeds and process until smooth.

Pour mixture into two jars. Add 1.5 tablespoons to each jar.

Put the lid on and give it a good shake to incorporate chia.

Let it rest for about 1 hour, shake again and let it rest in the refrigerator overnight. Eat by the spoonful when you wake up in the morning :)

Notes: It will keep two days in the fridge.



## Very Cherry Snack Bar

Serves 1

¼ cup medjool dates

¼ cup dried cherries

1/8 tsp. Cinnamon

1/3 cup pecans, almonds or walnuts

Place dates, dried cherries and cinnamon in a food processor and blend into a paste.

Set aside in bowl.

Place nuts in food processor and pulse until finely chopped.

Add nuts to bowl and knead together with fingers to form into bar. Store in refrigerator.



## Chunky Monkey Shake

It's time to get funky, monkey!

Blend  $\frac{1}{2}$  medium banana  
1 tablespoon of peanut butter  
1 cup of chocolate almond milk  
1 cup of ice

This is a great protein-packed pick-me-up. Your Kids will love this one.



## Sliced apples with cinnamon

Slice an apple into bite size pieces. Put in sandwich bag and sprinkle with cinnamon



## Grilled Pineapple

2  $\frac{1}{4}$ -inch thick pineapple rounds (about 1 cup), grilled (or sautéed) for two minutes or until golden

## Stuffed Figs



Two small dried figs with 1 tablespoon reduced-fat ricotta stuffed inside. Sprinkle with cinnamon.

## Berries n' Cream



1 cup blueberries with 2 tablespoons whipped topping

## Nut-Stuffed Date

One Medjool Date filled with one teaspoon natural unsalted almond butter



1 cup unsweetened applesauce sprinkled with cinnamon



### Warm Pear with Cinnamon Ricotta

1 small pear, halved and cored  
1/4 cup part-skim ricotta cheese  
1/4 teaspoon ground cinnamon

Preheat broiler or toaster oven. Place pear on a baking sheet; broil 10 to 12 minutes until tender.

Combine ricotta and cinnamon in a small bowl. Top warm pear with ricotta mixture.



### Mixed Berry Ice Pops

Servings: 6

2/3 cup blueberries

30 small fresh mint leaves

1 1/3 cup raspberries

1 1/2 cups seltzer

2 Tbsp. honey

2 Tbsp. fresh lemon juice



Layer the blueberries, mint & raspberries evenly in 6 Popsicle molds.

Combine the seltzer, honey & lemon juice in a 2 cup measuring cup, stirring gently until the honey dissolves. Very slowly pour the mixture over the berries and mint (leave about 1/2 inch of space at the top of the mold to allow for expansion during freezing). Insert handles or sticks into molds.

## Gluten Free Toast With Ricotta and Strawberries

Spread one half toasted gluten free bread with 2 tablespoons fresh ricotta. Top with one half cup sliced strawberries.



## Kiwi - full of nutrients

Sliced Kiwi  
Cherries  
Sprinkled with unsweetened coconut flakes

Chop up the kiwi and cherries then sprinkle on the coconut flakes. Delish!



## Nutty Blueberry Protein Balls

4 dates, pits removed  
1 cup walnuts  
1/2 cup macadamia nuts  
2 Tablespoons coconut oil or MCT oil  
1/2 cup fresh or defrosted blueberries (fresh works best)  
1/2 cup unsweetened shredded coconut



Pulverize dates in a food processor until a paste forms, about 40 seconds (the paste will typically come together in a clump). Add walnuts and macadamia nuts and blend until very finely chopped, about 35 seconds. With the blade still running, drizzle in coconut oil and stop as soon as the oil is blended in. Scrape the batter into a bowl and stir in the blueberries and 1/4 cup of the coconut. Form the batter into round balls, then roll in leftover shredded coconut. Pop a few in your mouth immediately, and refrigerate the rest for snacking later. Now remember these do have a high sugar content so this is a treat ! !

## Watermelon Salad



Top 1 cup raw spinach with 1 tablespoon balsamic vinegar and  $\frac{3}{4}$  cup diced watermelon. Spinach has a ton of vitamin K (which helps blood clot properly when you get cut) and vitamin A (which is good for your eyes).



## Fruit Skewers with Honeyed Yogurt Dip

It doesn't get much simpler than this, folks especially for your kids. These rainbow-colored skewers are totally customizable, healthy, fresh, and quick to assemble. Choose your favorite fruits, then dip them in a mixture of honey and plain yogurt (add a dash of cinnamon if you're feeling spicy).



## Baked Apple

Baked apples can get all dressed up and filled with oats, nuts, and other tasty stuff. But for a simple low-cal version, core a tennis-ball sized apple, dust it with cinnamon, and bake at 350 degrees for 20 minutes (or until tender, but not mushy).



## Frozen Nutty

5 medium ripe bananas  
1 tbsp. all natural creamy peanut butter  
2 oz. nonfat vanilla Greek yogurt

Peel one banana and mash it with the peanut butter and yogurt. Set aside. Peel the other four bananas. Slice into half-inch thick slices. Smear the banana, peanut butter, and yogurt mixture on half the banana slices and top with the other halves, making banana sandwiches. Place on a wooden cutting board or a plate and freeze for at least two hours. This is another great healthy snack for your entire family.

## Brie, Apple, and Arugula Quesadillas

- 1 tablespoon Dijon mustard
- 2 teaspoons Bragg's apple cider
- 3 (10-inch) Gluten Free tortillas
- 4 ounces Brie cheese, rind removed and cut into 1/4-inch-thick slices
- 1 Fuji apple, cored and cut into 1/4-inch-thick slices

Combine mustard and cider in a small bowl; stir well.

Heat a large nonstick skillet over medium heat. Spread each tortilla with about 1 1/2 teaspoons mustard mixture. Place 1 tortilla, mustard side up, in pan. Arrange one-third of cheese slices over half of tortilla; cook 1 minute or until cheese begins to melt. Arrange one-third of apple slices over cheese; top with 1 cup arugula. Sprinkle with 1/4 teaspoon pepper. Fold tortilla in half; press gently with a spatula. Cook 2 minutes on each side or until golden brown. Remove from pan. Repeat procedure twice with remaining 2 tortillas, cheese, apple slices, 2 cups arugula, and 1/2 teaspoon pepper. Cut each quesadilla into 4 wedges.



## Yogurt Covered Protein Blueberries

- 6 oz. Non Fat Plain Greek Yogurt
- 1 1/2 scoops Vanilla Protein Powder
- 1 cup Frozen Blueberries



Line a 9 x 13 pan with non stick foil or parchment paper. In a small bowl, mix together yogurt and Protein powder. Toss in a couple blueberries (not all of them because it will freeze the yogurt), coat the blueberries with the yogurt and protein mixture and remove with 2 toothpicks. Place on the lined pan. Repeat until all the blueberries are covered. Freeze until yogurt has frozen, about 1 hour. Keep frozen until you are ready to eat. These are great to serve as a special snack for kids !!

## Turmeric Apple Chips

1 organic Red Delicious apple  
Ground turmeric, to taste  
Ground cinnamon, to taste  
Powdered ginger, to taste  
1 tsp lemon juice



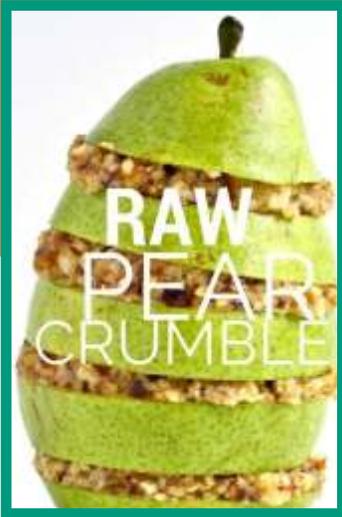
For best results use a mandolin to get uniform thickness of slices. Preheat the oven to 225 degrees and line two-three baking sheets with parchment paper. Wash the apple and then pat it dry. Cut off the end of the apple, and then start slicing thin rings with the seeds in the center of each ring. (They will fall out, don't worry.) You may need to adjust the setting after a few test slices in order to get the right thickness, but the thinner the better. In a bowl, coat the slices in lemon juice to preserve them before baking. This also adds a nice tartness. Lay out the apple rings in a single, non-overlapping layer on the baking sheet. Lightly dash each apple with the ground turmeric, cinnamon, and ginger on one side only. Bake for about an hour and a half, turning over once halfway through. The apples may still feel slightly flimsy when you take them out but they will crisp up once they cool. Store in an airtight container for up to a week.

## Simple Homemade Energy Snack Bar

1 cup dates  
1 cup dried cranberries  
1 cup lightly salted almonds  
1 tbsp chia seeds  
1 tbsp flax seeds  
2 tbsp agave nectar



Pulse dates and almonds in food processor until chopped medium fine. Add cranberries, chia seeds, flax seeds, and agave. Pulse 6 to 8 times or until ingredients are combined. Line a 8x8 dish with parchment paper. Dump ingredients into pan. Press down firmly to form a flat even top. I use a square of parchment paper to press down because the mixture is quiet sticky. Refrigerate a couple of hours before cutting, you'll get cleaner cuts if they're cold. Store in an airtight container up to 2 weeks.



## Raw Pear Crumble

2 Pears, sliced horizontally

For the Crumble:

½ c. raw almonds

½ c. walnuts

4 Medjool dates, roughly chopped

2 Tbsp. coconut oil

¼ tsp. vanilla extract

pinch of sea salt

**Pulse all the ingredients in a food processor until the nuts are roughly chopped and the "crumble" sticks together. Place the crumble in between each pear slice. Share a stack with a loved one or eat it for yourself!**

## Toast with walnut & pear spread

4 ounces low-fat cottage cheese

1 pear, chopped

1 tablespoon chopped walnuts

2 slices Gluten free bread, toasted

**Place cottage cheese in a blender or food processor; process until smooth. Stir in pear and walnuts. Spread cottage cheese mixture on toast.**



**Ok - I hope that's enough to get you going. We are still keeping an eye out for more healthy snack so don't be surprised if we come out with a "Snack Daddy Snack Book 2"**

**Thank you so much for purchasing this e-book and please feel free to drop me an email at [tdehall@aol.com](mailto:tdehall@aol.com) if you have any questions or comments.**

**Trisha**

**I hope you get some good ideas on what you and your family can have as a healthy snack. The most important thing above all else is to stay away from Processed Foods.**

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