



Healthy Snack Recipe Book

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Cooking at home empowers you to take control of your health by choosing fresh, wholesome ingredients. Many packaged snacks, even those marketed as "healthy," are often loaded with hidden sugars, unhealthy fats, and artificial additives.

By making your own snacks, you can avoid these pitfalls and nourish your body with balanced, nutrient-rich foods. This recipe book is designed to inspire you with easy, delicious options that help you stay energized, satisfied, and on track with your health goals.

Enjoy the difference that homemade makes!



Celery & Almond Butter

4 servings

5 minutes

Ingredients

1/2 cup Almond Butter
8 stalks Celery (halved)

Directions

- 1 Spread the almond butter on the celery sticks and enjoy!

Nutrition

Amount per serving	
Calories	203
Fat	17g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	7g
Cholesterol	0mg
Sodium	66mg
Vitamin A	360IU
Vitamin C	2mg
Calcium	140mg
Iron	1mg



Chocolate Cottage Cheese Protein Bowl

4 servings

10 minutes

Ingredients

- 2 cups Cottage Cheese
- 1/4 cup Cocoa Powder
- 1 cup Vanilla Protein Powder
- 1/4 cup Almond Butter
- 2/3 cup Cow's Milk, Whole
- 1/4 cup Almonds (roasted, chopped)

Nutrition

Amount per serving	
Calories	373
Fat	20g
Carbs	15g
Fiber	5g
Sugar	6g
Protein	38g
Cholesterol	26mg
Sodium	388mg
Vitamin A	213IU
Vitamin C	0mg
Calcium	332mg
Iron	2mg

Directions

- 1 In a blender or food processor, combine the cottage cheese, cocoa powder, protein powder, almond butter, and milk. Blend on high speed until smooth, scraping down the sides as needed.
- 2 Transfer to small serving dishes or containers. Top with almonds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 3/4 cup.

Likes it Sweet: Drizzle honey on top.

Additional Toppings: Shredded coconut, berries, chopped dark chocolate, and/or your favorite nuts and seeds.

Protein Powder:: Whey protein powder was used in this recipe. Please note, if another type of protein powder is used, results may vary.



Air Fryer Apple Cinnamon Apple Chips

4 servings

25 minutes

Ingredients

4 Apple (small, cored, thinly sliced and seeds removed)

1/4 cup Coconut Sugar

2 tsps Cinnamon

2 tsps Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	148
Fat	3g
Carbs	35g
Fiber	5g
Sugar	28g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	102IU
Vitamin C	8mg
Calcium	24mg
Iron	0mg

Directions

- 1 Preheat the air fryer to 325°F (165°C).
- 2 Place the apple slices in a bowl and add the sugar, cinnamon, and coconut oil. Toss well to combine.
- 3 Place the apple slices in an even layer in the air fryer basket, trying not to overlap too much.
- 4 Cook for 15 minutes, tossing every five minutes, until lightly browned and crispy. Enjoy!

Notes

Leftovers: Best enjoyed the day of making. Apple slices can be stored in a container or sealed plastic bag at room temperature for up to two days. They will lose some of the crispiness.

Serving Size: One serving is approximately one cup of cooked apple slices.



Baked Cinnamon Tostones with Yogurt Dip

4 servings

1 hour

Ingredients

- 3 Plantain (large, slightly ripened, peeled)
- 1/4 cup Coconut Oil (melted, divided)
- 2 tsps Vanilla Extract (divided)
- 2 tsps Cinnamon (divided)
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	400
Fat	15g
Carbs	67g
Fiber	4g
Sugar	37g
Protein	5g
Cholesterol	4mg
Sodium	321mg
Vitamin A	2442IU
Vitamin C	39mg
Calcium	82mg
Iron	1mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Slice the plantains into rounds (one inch or 2.5 cm thick). Add them to a bowl with half of the coconut oil, half of the vanilla extract, half of the cinnamon, and half of the salt. Toss to combine and evenly coat.
- 3 Spread the plantains out onto the baking sheet in an even layer. Bake for 15 to 17 minutes. Remove from the oven and carefully flatten the plantains with the bottom of a sturdy glass or measuring cup.
- 4 Brush the remaining oil onto each side of the flattened plantains then place back into the oven. Bake for another 15 to 17 minutes or until golden.
- 5 Remove from the oven and sprinkle the remaining salt all over. Cool for five to ten minutes before serving.
- 6 While the plantains are cooling, combine the Greek yogurt, remaining cinnamon, and remaining vanilla extract in a small bowl. Serve the tostones with the cinnamon yogurt dip. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Reheat in the oven, in a pan with extra oil, or in an air fryer.

Serving Size: One serving is approximately 1/2 cup with two tablespoons of yogurt.

Plantains: This recipe was tested with green plantains that were slightly ripened with some black spots.



Almond Butter Stuffed Dates

4 servings

5 minutes

Ingredients

1 cup Pitted Dates
1/2 cup Almond Butter

Nutrition

Amount per serving	
Calories	296
Fat	17g
Carbs	33g
Fiber	6g
Sugar	25g
Protein	7g
Cholesterol	0mg
Sodium	3mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	123mg
Iron	1mg

Directions

- 1 Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Serving Size: One serving is equal to approximately three large stuffed dates.

Nut-Free: Use sunflower seed butter or tahini instead of almond butter.

Dress Them Up: Sprinkle with coconut flakes, cacao nibs, or hemp seeds.



Chocolate Strawberry Nut-Free Trail Mix

5 servings

5 minutes

Ingredients

- 2/3 oz Freeze Dried Strawberries
- 1/2 cup Dark Chocolate Chips
- 1/2 cup Pumpkin Seeds
- 3/4 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	280
Fat	21g
Carbs	18g
Fiber	3g
Sugar	11g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	5mg
Iron	2mg

Directions

- 1 Combine all of the ingredients into a bowl or sealable jar. Serve and enjoy!

Notes

Leftovers: Store in a cool dry place in an airtight container for up to two weeks.

Serving Size: One serving is approximately 1/2 cup.

No Freeze Dried Strawberries: Use other freeze dried fruit like blueberries or use dried fruit like cranberries or mangos.



Creamy Kimchi Dip with Crackers & Veggies

4 servings

15 minutes

Ingredients

2/3 cup Kimchi (drained, chopped, plus more for garnish)
 1/3 cup Plain Greek Yogurt
 1 2/3 tbsps Cream Cheese, Regular
 1 1/4 tpsps Sesame Oil (plus more for garnish)
 2/3 tsp Lemon Juice
 1/3 stalk Green Onion (chopped)
 1/3 tsp Sesame Seeds (toasted)
 2 ozs Rice Crackers
 1/3 Red Bell Pepper (large, sliced)
 3/4 cup Snap Peas (trimmed)

Nutrition

Amount per serving	
Calories	122
Fat	5g
Carbs	16g
Fiber	1g
Sugar	2g
Protein	5g
Cholesterol	9mg
Sodium	187mg
Vitamin A	705IU
Vitamin C	20mg
Calcium	73mg
Iron	1mg

Directions

- 1 In a food processor, combine the kimchi, yogurt, cream cheese, sesame oil, and lemon juice. Pulse until slightly creamy.
- 2 Transfer the mixture to a serving bowl. Top with chopped kimchi, drizzle with sesame oil, and sprinkle with green onions and sesame seeds.
- 3 Serve with rice crackers and vegetables. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1/4 cup of dip, 1/2 oz (15 grams) crackers, and 1/4 cup of veggies.

Serve it With: Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

No Rice Crackers: Use any type of crackers or chopped vegetables.



Chicken Salad on Apple Slices

4 servings

10 minutes

Ingredients

1 lb Chicken Breast, Cooked (shredded)
 4 stalks Celery (finely chopped)
 1/2 cup Red Onion (finely chopped)
 2/3 cup Plain Greek Yogurt
 1 Lemon (juiced, zested)
 Sea Salt & Black Pepper (to taste)
 4 Apple (large, cored, cut into thin slices)

Nutrition

Amount per serving	
Calories	312
Fat	5g
Carbs	31g
Fiber	5g
Sugar	22g
Protein	39g
Cholesterol	124mg
Sodium	117mg
Vitamin A	524IU
Vitamin C	18mg
Calcium	121mg
Iron	1mg

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, yogurt, lemon juice, lemon zest, salt, and pepper. Mix well to incorporate.
- 2 Divide onto the apple slices and enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days. Slice the apple just before serving.

Serving Size: One serving is about six slices of apples with chicken.

Additional Toppings: Add dried chopped cranberries to the chicken.



Strawberry Matcha Chia Pudding Parfait

4 servings

1 hour 10 minutes

Ingredients

2 cups Plain Coconut Milk (from the carton)
 2 tsp Green Tea Powder
 1/4 cup Maple Syrup (divided)
 1 Lemon (juiced)
 1/2 cup Chia Seeds
 1 1/3 cups Strawberries (chopped)
 2 cups Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	278
Fat	14g
Carbs	37g
Fiber	10g
Sugar	19g
Protein	5g
Cholesterol	0mg
Sodium	49mg
Vitamin A	256IU
Vitamin C	33mg
Calcium	663mg
Iron	3mg

Directions

- 1 In a bowl, add the milk, green tea powder, half of the maple syrup and lemon juice. Whisk until well combined.
- 2 Stir in the chia seeds. Let it sit for five to ten minutes then stir again. Refrigerate for at least one hour or until the chia seeds have set.
- 3 Once the pudding is ready, mash the strawberries and the remaining maple syrup in a bowl. Then, layer the mashed strawberries, yogurt, and pudding into jars. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/4 cup.

No Strawberries: Use raspberries, blueberries, or blackberries instead.

No Coconut Yogurt: Use yogurt of choice instead.



Chocolate & Sesame Banana Bites

4 servings

20 minutes

Ingredients

- 1/3 cup Dark Chocolate Chips
- 1/3 cup Sesame Seeds
- 1 Banana (large, sliced into large pieces)

Nutrition

Amount per serving	
Calories	215
Fat	13g
Carbs	20g
Fiber	2g
Sugar	13g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	20IU
Vitamin C	3mg
Calcium	118mg
Iron	2mg

Directions

- 1 Melt the chocolate in a double boiler or for 30-second increments in the microwave.
- 2 Place the sesame seeds in a shallow bowl.
- 3 Use a toothpick to pick up a banana chunk. Dip it in the melted chocolate and roll it in the sesame seeds. Repeat until all banana chunks are dipped. Freeze for 10 minutes and enjoy!

Notes

Leftovers: Store in the freezer for up to one week. Thaw for a few minutes before enjoying.

Serving Size: One serving is approximately two pieces.



Super Simple Peanut Butter Oat Bars

12 servings

40 minutes

Ingredients

1 1/3 cups All Natural Peanut Butter
(smooth, runny)
1 cup Maple Syrup
2 2/3 tsps Vanilla Extract
4 cups Oats

Nutrition

Amount per serving	
Calories	338
Fat	16g
Carbs	41g
Fiber	4g
Sugar	18g
Protein	10g
Cholesterol	0mg
Sodium	9mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	52mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking pan with parchment paper.
- 2 In a small saucepan over low heat, combine the peanut butter, maple syrup, and vanilla. Continuously stir until melted and well combined.
- 3 Add the oats to a large bowl. Pour the melted peanut butter mixture over the oats and stir well until the oats are fully coated.
- 4 Add the oat mixture into the baking pan and use your hands to spread it out and press down into an even layer.
- 5 Bake for 15 minutes. Remove from the oven and let cool for 10 to 15 minutes before cutting into squares. Enjoy!

Notes

Leftovers: Store in an airtight container on the counter for up to three days. Freeze in and airtight container for up to one month.

Serving Size: One serving is equal to one square piece. An 8 x 8-inch (20 x 20-cm) baking dish was used to make nine servings.

No Peanut Butter: Use almond or cashew butter.

More Flavor: Add chocolate chips.



Mango & Mint Salad

4 servings

5 minutes

Ingredients

4 Mango (small, diced)
1/4 cup Mint Leaves (finely chopped)
2 tbsps Lime Juice

Nutrition

Amount per serving	
Calories	205
Fat	1g
Carbs	51g
Fiber	6g
Sugar	46g
Protein	3g
Cholesterol	0mg
Sodium	4mg
Vitamin A	3707IU
Vitamin C	125mg
Calcium	42mg
Iron	1mg

Directions

- 1 Gently mix all the ingredients together and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately one cup.



Chocolate Chip Protein Muffins

12 servings

30 minutes

Ingredients

- 1 1/8 cups Vanilla Protein Powder
- 3/4 cup Almond Flour
- 1 1/2 tsp Baking Powder
- 1/3 tsp Sea Salt
- 3/4 cup All Natural Peanut Butter
- 4 1/2 Banana (mashed)
- 3 tbsps Maple Syrup
- 1 1/8 cups Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	356
Fat	20g
Carbs	31g
Fiber	3g
Sugar	21g
Protein	14g
Cholesterol	1mg
Sodium	153mg
Vitamin A	28IU
Vitamin C	4mg
Calcium	107mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the protein powder, almond flour, baking powder, and salt.
- 3 Add the peanut butter, banana, and maple syrup and stir with a spatula until combined. Fold in the chocolate chips.
- 4 Divide the batter evenly between muffin cups. Bake for 13 to 15 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week.

Serving Size: One serving is one muffin.

Protein Powder: This recipe was developed and tested using a blended whey protein powder. Avoid using whey protein isolate as this will soak up moisture and yield very dense muffins. Brown rice plant-based protein powder will also work. If using a different type of protein powder, results may vary.

No Peanut Butter: Use another nut or seed butter instead.

Additional Toppings: Add chopped walnuts.

No Banana: Use unsweetened applesauce instead.



Grain-Free Cranberry Orange Granola

5 servings

35 minutes

Ingredients

1 cup Unsweetened Coconut Flakes
 1/3 cup Cashews (raw, roughly chopped)
 2 1/2 tbsps Pumpkin Seeds
 2 tbsps Orange Zest
 1/8 tsp Sea Salt
 3 1/3 tbsps Maple Syrup
 1 1/4 tbsps Coconut Oil (melted, slightly cooled)
 1/3 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	262
Fat	19g
Carbs	22g
Fiber	3g
Sugar	14g
Protein	4g
Cholesterol	0mg
Sodium	82mg
Vitamin A	10IU
Vitamin C	3mg
Calcium	23mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the coconut flakes, cashews, pumpkin seeds, orange zest, and salt. Stir in the maple syrup and coconut oil.
- 3 Add the granola to the baking sheet and spread it out into an even layer. Bake for 20 to 25 minutes or until everything is golden brown. Check on it every five minutes and toss it around.
- 4 Remove from the oven and let it cool for 10 minutes before stirring in the cranberries. It will crisp up as it cools. Enjoy!

Notes

Leftovers: Store in the pantry in an airtight container for up to two weeks.

Serving Size: One serving is approximately 1/3 cup.

No Cashews: Use almonds, walnuts, or pecans instead.