



Seasonal Survival Snacks

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HEALTH HABIT

Hi

Welcome to the Health Habit Seasonal Survival Snack guide!

From the first piece of chocolate to the last slice of fruit cake, the holidays can seem like an ongoing invitation to put your usually healthy eating plan on the back burner.

But even with so much to do and temptations at every table, it is possible to eat right to manage your weight, stay well-nourished and enjoy yourself at the same time!! Yup, I'm not talking about becoming the Christmas Grinch... Feed your body with the same care you feed your spirit this season and I guarantee you'll find yourself having fun at the same time.

Here are 10 Health Habits snacks that can help you get through the days and nights.....

I'm Jan, a Certified Health Coach, mother, business owner, endurance athlete, family taxi driver and one woman laundromat! I get how busy you are and how difficult it is to sometimes find a healthy snack when you are charging between work, pickups, events, shopping and so much more at this time of year. So do a little prep on the weekends and have these on hand as your 'go to' snacks.

Good Luck, and Merry Christmas.



Sea Salted Coconut Kale Chips

4 SERVINGS 1 HOUR



INGREDIENTS

4 cups Kale Leaves
2 tbsps Coconut Oil (melted)
1 tsp Sea Salt
1/2 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	97	Cholesterol	0mg
Fat	7g	Sodium	645mg
Carbs	6g	Vitamin A	6500IU
Fiber	2g	Vitamin C	11mg
Sugar	0g	Calcium	80mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 350. Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
- 02 Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
- 03 Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
- 04 Cook in oven for 10 - 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!



Banana Sushi

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled)
2 tbsps Almond Butter
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	256	Cholesterol	0mg
Fat	14g	Sodium	3mg
Carbs	31g	Vitamin A	77IU
Fiber	5g	Vitamin C	10mg
Sugar	15g	Calcium	67mg
Protein	8g	Iron	2mg

DIRECTIONS

- 01 Spread almond butter onto banana.
- 02 Sprinkle hemp seeds over top.
- 03 Slice and enjoy!

NOTES

NO HEMP SEEDS

Use sunflower seeds instead.



Carrots & Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	217	Cholesterol	0mg
Fat	15g	Sodium	387mg
Carbs	22g	Vitamin A	20540...
Fiber	10g	Vitamin C	24mg
Sugar	7g	Calcium	55mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Apple with Peanut Butter

4 SERVINGS 3 MINUTES



INGREDIENTS

4 Apple
1/2 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	288	Cholesterol	0mg
Fat	17g	Sodium	8mg
Carbs	32g	Vitamin A	98IU
Fiber	6g	Vitamin C	8mg
Sugar	22g	Calcium	27mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Frozen Yogurt Covered Blueberries

4 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Blueberries (fresh or frozen, not wild)

1/4 cup Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	53	Cholesterol	2mg
Fat	1g	Sodium	9mg
Carbs	11g	Vitamin A	118IU
Fiber	2g	Vitamin C	8mg
Sugar	8g	Calcium	36mg
Protein	2g	Iron	0mg

DIRECTIONS

- 01 In a bowl, combine blueberries and yogurt until well coated.
- 02 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 03 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

NOTES

KID-FRIENDLY

Serve just a few at a time as these will melt quickly after handling.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt such as coconut or almond.



Cinnamon Raisin Protein Cookies

8 SERVINGS 30 MINUTES



INGREDIENTS

3 Banana (ripe)
3/4 cup Egg Whites
1/4 cup Tahini
1 cup Vanilla Protein Powder (plant-based)
1 cup Oats (rolled or quick)
1 tsp Cinnamon
1/2 cup Organic Raisins
1/2 cup Ground Flax Seed

NUTRITION

AMOUNT PER SERVING

Calories	243	Cholesterol	2mg
Fat	7g	Sodium	69mg
Carbs	30g	Vitamin A	35IU
Fiber	5g	Vitamin C	4mg
Sugar	12g	Calcium	118mg
Protein	17g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 03 Add in the remaining ingredients and mix well again.
- 04 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 05 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 06 Remove from oven, let cool completely on the baking sheet and enjoy!

NOTES

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

LEFTOVERS

Store in the fridge up to 4 days, or in the freezer for up to 6 months.

NO TAHINI

Use sunflower seed butter, almond butter or peanut butter instead.

NO RAISINS

Use dried cranberries, chocolate chips or cacao nibs instead.



Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	4mg
Fat	19g	Sodium	228mg
Carbs	11g	Vitamin A	3385IU
Fiber	7g	Vitamin C	13mg
Sugar	1g	Calcium	655mg
Protein	25g	Iron	2mg

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

LIKES IT SWEET

Add frozen banana.

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Apples & Almonds

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (sliced)
1/4 cup Almonds

DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

NUTRITION

AMOUNT PER SERVING

Calories	302	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	33g	Vitamin A	99IU
Fiber	9g	Vitamin C	8mg
Sugar	20g	Calcium	107mg
Protein	8g	Iron	2mg



Spinach and Sweet Potato Egg Muffins

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 1/2 tsps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	229	Cholesterol	372mg
Fat	15g	Sodium	491mg
Carbs	9g	Vitamin A	9372IU
Fiber	2g	Vitamin C	13mg
Sugar	2g	Calcium	114mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
- 02 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 03 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 04 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 05 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 06 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 07 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

NOTES

SERVING SIZE

One serving is equal to three egg cups.

LEFTOVERS

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

NO BABY SPINACH

Use finely sliced kale or swiss chard instead.



Fruit-On-The-Bottom Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Berries (thawed)
- 2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	250	Cholesterol	0mg
Fat	18g	Sodium	82mg
Carbs	18g	Vitamin A	250IU
Fiber	9g	Vitamin C	10mg
Sugar	4g	Calcium	420mg
Protein	8g	Iron	3mg

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

NOTES

STORAGE

Store covered in the fridge up to 4 to 5 days.

ADDITIONAL TOPPINGS

Blackberries, sliced peaches or any chopped fruit you like.

NO ALMOND MILK

Use any other type of milk instead.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

