

Four High Protein Snacks

Garlic Parmesan Chicken Skewers

The link for this recipe is below. I followed the recipe almost exactly except I used only half the amount of cheese and mixed the cheese in with the sauce instead of sprinkling it on after brushing with the sauce. It worked great and cut down on cheese waste.

<https://www.cookedandloved.com/recipes/garlic-parmesan-chicken-skewers/>

High Protein Almond Butter & Raspberry Oatmeal Bars

I followed the recipe below to the letter.

<https://www.eatingwell.com/high-protein-almond-butter-raspberry-oatmeal-bars-11922739>

Egg Salad

This recipe is very close to my own recipe except I use half mayo and half plain Greek Yogurt and sweet pickle relish instead of the dill pickles.

<https://www.thepioneerwoman.com/food-cooking/recipes/a42663769/egg-salad-recipe/>

Smooth and Creamy Artichoke Dip from Good Housekeeping Test Kitchen

In a blender, puree 14 ounces of artichoke hearts (rinsed and patted dry), one packed cup of baby spinach, ½ cup canned white beans (rinsed), one scallion, two teaspoons of grated lemon zest and two tablespoons of lemon juice, ¼ cup grated Parmesan and 1/2 teaspoon of pepper until finely chopped. Serve with your favorite veggie sticks.