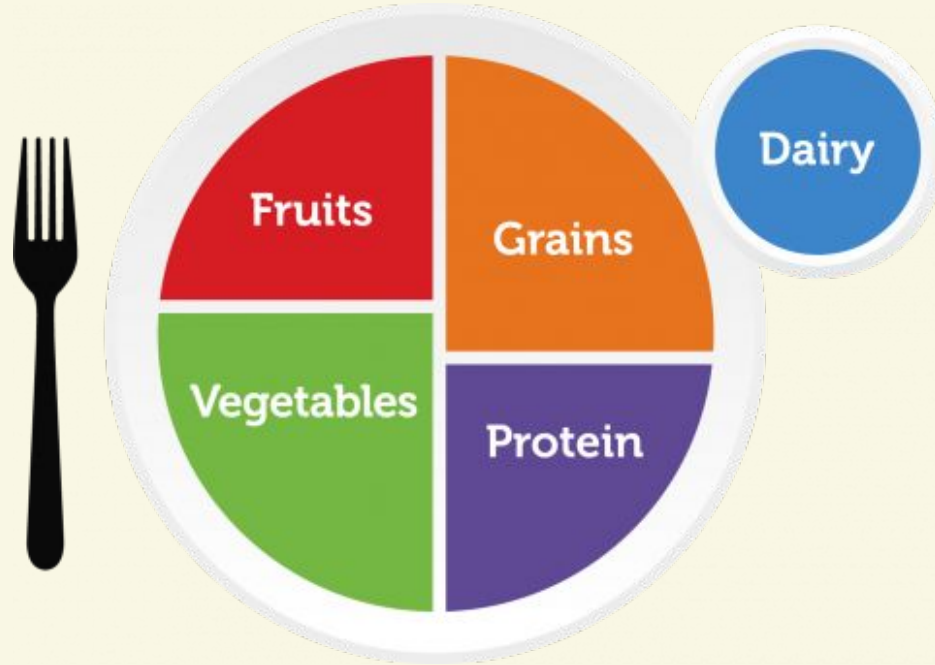




Healthy Recipes

8/28/24

MyPlate – Healthy Diet



Air Fryer Chickpeas

Ingredients

1 can	Unsalted chickpeas
1 tsp	Olive oil
1 tsp	Seasonings of choice (i.e. Salt, garlic powder)

01. Rinse and dry chickpeas

Make sure they're completely dry!

02. Place in air fryer

380F about 12 to 15 minutes, shaking the basket every 5 minutes. Chickpeas will be done when crunchy!

03. Toss in oil and seasonings of choice while chickpeas are hot!

04. Enjoy! :D

***Can last ~1 week in a container stored at room temperature

[Recipe Link for more details](#)



Build Your Own Spring Rolls

01. Prepare your protein

Most commonly eaten with boiled shrimp and/or pork belly

02. Prepare your vegetables and rice noodles


- Cut cucumber into thin strips
- Wash lettuce
- Boil rice noodles and then let it cool

03. Enjoy

- Dip the rice paper in warm water and immediately place on plate to let dry
- Once dry, place ingredients on horizontally and roll!

Ingredients

1 pack	Rice Paper
Up to you!	Protein (i.e. Shrimp, fried tofu, beef)
1 bunch	Lettuce (Butter or Romaine works)
1	English Cucumber
3 oz	Rice Noodles



Youtube Tutorial



Another one





Spring Rolls – Peanut Sauce

01. Add ingredients into a bowl


Add the hoisin sauce, peanut butter, and warm water to help dissolve. Mix!

02. Sprinkle on crushed peanuts (optional)

Ingredients

2 tbsp	Hoisin Sauce
2 tbsp	Peanut Butter (Creamy or Smooth type)
2 tbsp	Water

Crushed Peanuts (optional)



Sauce Video Tutorial



Chia Pudding

Ingredients – 2 servings

4 tbsp	Chia Seeds
1 cup	Milk
Up to you!	Sweetener (i.e. Honey or agave)
Up to you!	Toppings (i.e. Nuts, fruits)

[Base Recipe Link](#)

P.S. Feel free to add in yogurt if it's not filling enough! That's what I did :D

01. Mix!

Combine the chia seeds, milk, and sweetener of choice into a container with a lid then mix until homogeneous.

02. Refrigerate!

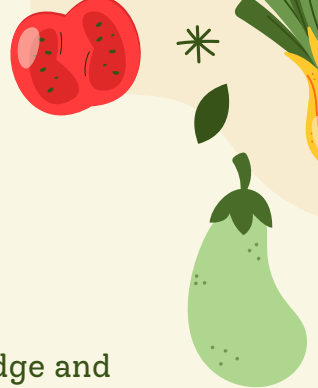
Place container in fridge for at least 2 hours or overnight.

03. Enjoy!

Take out of fridge and add toppings!

Notes:

- Feel free to adjust ratios to your own preference (i.e. More milk if it's too thick for)
- Topping suggestions:
 - Bananas
 - Almond butter
 - Strawberries
 - Blueberries



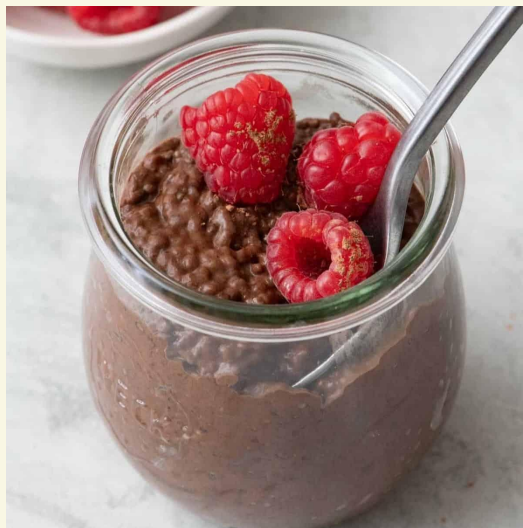
Different Types of Chia Pudding

Strawberry



[Recipe link](#)

Chocolate



[Recipe link](#)

Matcha



[Recipe link](#)



Resources

- MyPlate: <https://www.myplate.gov/eat-healthy/what-is-myplate>
- Chickpeas recipe: <https://www.skinnytaste.com/air-fryer-chickpeas/>
 - Vietnamese Spring Rolls:
 - https://www.youtube.com/watch?v=vWEbMxbe_Eo
 - <https://www.youtube.com/watch?v=HJPRPEJY2WM>
 - Vietnamese Spring Rolls Sauce (Video):
 - <https://www.youtube.com/shorts/t3LhHlCBp-I>
 - Chia Pudding Recipe (Base):
<https://www.eatingbirdfood.com/basic-chia-seed-pudding/>
 - Strawberry Chia Pudding:
<https://www.eatingbirdfood.com/strawberry-chia-pudding/>
 - Chocolate Chia Pudding:
<https://feelgoodfoodie.net/recipe/coconut-chocolate-chia-pudding/>
- Matcha Chia Pudding: <https://feelgoodfoodie.net/recipe/matcha-chia-pudding/>

