



Healthy
SNACKS
Guide



101

healthy snacking

Inside this guide you will find healthy snack ideas that are quick to make and contain a variety of nutrients including protein, whole grains, fruits, vegetables, and healthy fats. Let's start with an introduction to these food groups and an overview of how to create healthy, balanced snacks!

Quality Protein

Some examples of healthy protein are fish, poultry, beans, eggs, yogurt, cottage cheese, nuts and seeds. When choosing protein sources, it's helpful to also take note of the additional components such as sodium, saturated fat, and fiber.

Whole Grains

Eating whole grains (the entire grain kernel) over refined grains helps to stabilize blood sugar levels thanks to the fiber and other nutrients remaining intact. Some examples of whole grains are wheat, oats, popcorn, brown and wild rice, barley, rye, cornmeal, buckwheat, spelt, bulgur, amaranth, sorghum, millet, and quinoa.



A note about whole grains

When shopping for packaged bread, look for the words 'whole grain' or 'whole' in the first one or two ingredients. Another great option is sprouted grains. These may be easier for some people to digest, and they also contain more nutrients due to the way they're germinated. You may find these options in the frozen bread or health food section of your supermarket.

Healthy Fats

Healthy fats are beneficial to our heart health, brain health, balancing blood sugar levels and more. Just a few examples of healthy fats are avocado oil, extra virgin olive oil, nuts, seeds.

Fruits and Vegetables

Fruits and vegetables offer their strongest health benefits when eaten whole. Remember to properly wash produce at home and choose organic when possible.

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Speltz Muffins

Great snack or breakfast addition



6 muffins

Ingredients

- 1 cup speltz flour
- ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp ground cinnamon
- ½ cup plain yogurt
- ½ cup unsweetened applesauce
- 1 egg (or flax egg*)
- ¼ cup avocado oil

Directions

1. Preheat oven to 350 F. Grease 6-cup muffin tin.
2. Whisk together all dry ingredients
3. Stir in yogurt, egg, applesauce, and oil.
4. Scoop batter into muffin tins.
5. Bake for about 25 minutes.

Add Mix-ins!

Feel free to add 1 cup of blueberries or crushed walnuts to the batter for additional flavor and antioxidants!

Energy Balls

On-the-go energy boost or sweet treat



Ingredients

- 1 cup old fashioned rolled oats
- ½ cup nut butter
- ¼ cup honey or maple syrup
- ¼ cup unsweetened shredded coconut
- ¼ cup dark chocolate chips or dried cranberries
- 1 Tbsp chia seeds

- 1 Tbsp ground flaxseed
- 1 tsp vanilla extract
- A pinch of sea salt




24 balls

Directions

1. Mix ingredients until well combined. Roll into a ball, and store in a sealed container in the fridge for up to one week or the freezer for a convenient snack in the future.



Berry Green Smoothie

 1 smoothie

Ingredients

½ cup milk (or nondairy milk)
½ cup Greek yogurt (or 1 scoop vanilla/unflavored protein powder)
1 cup frozen berries
1 banana
1 cup fresh spinach
Ice (optional, for thicker texture and colder smoothie)

Directions

1. Blend all ingredients in a blender until smooth. Add more liquid if needed to reach desired consistency.

Optional add ins:

1 tbsp chia seeds, hemp hearts, or flaxseeds for additional healthy fats and fiber!


Hummus & Crudités



Ingredients

1 (15 oz) can chickpeas
1/3 cup tahini
2 tbsp extra virgin olive oil
2 garlic cloves, peeled and smashed
1/4 tsp cumin
3/4 tsp sea salt
juice of 1 lemon
2-4 tbsp cold water
Vegetables for dipping

Directions


 6-8 servings

1. Rinse and drain your chickpeas
2. Add all ingredients to a food processor and puree until smooth, 3-4 minutes, pulsing halfway to scrape down the sides.
3. Slowly add the cold water 1 tbsp at a time until it reaches desired consistency.
4. Wash and chop your vegetables for dipping, and enjoy!



Oat-Buckwheat Pancakes

Makes a great breakfast too

 6 pancakes

Ingredients

½ cup oat-buckwheat flour
blend (such as Oatsome)
½ cup Greek yogurt
(or non-dairy yogurt)
1 egg (or flax egg*)
1 tsp baking powder
¼ cup milk (or non-dairy milk)

Directions

1. Whisk all ingredients in a bowl.
2. Heat skillet to medium heat with a drizzle of avocado oil.
3. Scoop ¼ cup of batter in the heated pan.
4. Once you see bubbles on top, flip and cook the other side. Remove from pan.
5. Serve with fresh berries, a drizzle of maple syrup, and cottage cheese if desired.

*To substitute flax egg, mix 1 tbsp ground flaxseed with 3 tbsp hot water and let it sit for 5 minutes.

Cauliflower Fritters



Ingredients

1 head cauliflower,
broken into florets
2 eggs
2/3 cup almond flour
(or rolled oats)
Salt and pepper to taste

Try this recipe with a mix of vegetables such as broccoli, corn or zucchini!

Directions

1. Bring water to boil in a steamer pot. Add cauliflower and cook for about 15 minutes.
2. Use a potato masher to smash the cauliflower.
3. In a large bowl, mix mashed cauliflower with eggs and almond flour.
4. Heat large skillet to medium heat with a drizzle of avocado oil.
5. Scoop ¼ cup of mixture into the heated pan and flatten.
6. Cook on both sides until golden brown. Remove from the pan and let cool. Repeat steps until all batter is used.

 8 fritters



Oatmeal Cookies

Great snack or sweet treat



10 cookies

Ingredients

2 cup old-fashioned oats
1 ½ cup mashed ripe banana
(*about 3 bananas*)
½ cup nut butter (*try almond or peanut butter*)

Directions

1. Preheat oven to 350 F.
2. Line a baking sheet with parchment paper.
3. Mash bananas in a bowl.
4. Stir in nut butter and oats.
5. Scoop heaping tablespoons of mixture onto baking sheet and press down to flatten
6. Bake for 15 minutes.

Yogurt Parfait

For a quick snack, breakfast or dessert



Ingredients

¾ cup plain Greek yogurt
(*or non-dairy yogurt*)
⅓ cup fresh or frozen berries
of your choice
1 tbsp chia seeds
1 tbsp chopped nuts
Sprinkle of granola
½ tsp honey

Directions

1. In a cup or bowl, layer the yogurt, berries, nuts, chia seeds, and honey.
2. Enjoy immediately or make ahead and keep in the fridge for a grab and go snack.



1 serving



Ranch Dip

 2-4 servings

Ingredients

- ½ cup plain yogurt
- ½ tsp onion powder
- ¼ tsp dried parsley
- ¼ tsp dried Italian seasoning
- 1 Tbsp whole milk
(or non-dairy milk)
- Vegetables for dipping

Directions

1. Mix all ingredients in a bowl.
2. Serve with cut-up vegetables such as carrots, celery, cucumber, broccoli, cauliflower, snap peas, radishes, cherry tomatoes or peppers.

Chicken Salad




Ingredients

- 1 pound boneless chicken breast
- 2 stalks celery, finely diced
- ¼ cup avocado oil mayo (such as *Chosen Foods*)
- Whole grain bread (such as *Ezekiel*)
- Romaine lettuce
- Sliced tomatoes

Directions

1. Fill a large pot with cold water, salt and chicken breast. Bring water to a low boil and let simmer.
2. As soon as the water starts to boil, flip the chicken over with tongs.
3. Place a lid over the pot and turn off the heat. Allow chicken to steep in hot water for 10 minutes until internal temperature reaches 165 degrees Fahrenheit.
4. Remove chicken from the water. Allow to cool for 5 minutes before shredding.
5. Toss in the celery and avocado oil mayo until combined.
6. Spoon chicken salad on a slice of whole grain bread with romaine lettuce and tomatoes.

 4 servings