

NUTRIENT PACKED SNACKS TO FUEL YOUR BIZ

***Add One Extra Productive Hour to Your Work Day with
These Healthy Brain Nourishing Snacks***

Jane and Stephanie
The Nourishing Gurus





Nutrient-Packed Snacks That Will

Fuel Your Biz

When working from home, nutrition often takes a back seat to convenience. If you find yourself grabbing the quickest thing available (think processed snacks like pretzels, chips, granola bars) you are not alone. Though an occasional sweet or salty treat is okay, making the switch to nutrient-dense, energizing snacks like the ones below can refuel your brain and boost your concentration and energy all day long.

Why else are healthy snacks so important? Snacks that include lean protein, healthy fat, fiber and/or wholesome carbs:

- ✔ keep cravings at bay in between meals
- ✔ contribute important vitamins and minerals
- ✔ keep your immune system in tip top shape
- ✔ serve as replenishment within an hour of working out
- ✔ keep blood sugar levels on an even keel
- ✔ help you stick to a weight control plan
- ✔ boost your metabolism rather than botch it



CHECK OUT THESE 11 ENERGY BOOSTING SNACKS

Nutty Apple 'Sandwich': One apple/pear and 1 tablespoon nut butter

Apples and/or pears are crunchy and naturally sweet. They also have soluble fiber, good for lowering blood sugar. To make the snack, slice the fruit into thin rounds. Distribute the almond butter onto half the slices and top with the other half to make mini sandwiches. The nut butter will add a good dose of healthy fat and a little protein.



Avocado Boat: Half an avocado (scoop out the pit) sprinkled with lemon juice and a dash of salt or 2 tablespoons of salsa

Don't discount avocados because they are high in fat. Use ½ as a snack and get a whopping 6-7 grams of fiber, too. This healthy fat (paired with low glycemic carbs) will keep your blood sugars even, help keep cravings down and feed your brain with energy.



Turkey Roll-Up: 1-2 ounces natural turkey breast*, ¼ avocado, 1 teaspoon mustard rolled into romaine lettuce, plus one whole sliced red pepper

Using lettuce as your “bread”, roll turkey slices and a medium sliver of avocado into a large leaf of crunchy romaine lettuce. Add a tsp of mustard. Have a whole sweet red pepper on the side, for extra flavor and fiber. *look for a clean turkey brand (ie: Applegate Farms, Wegmans organic)

Hummus and Veggies (1/3 cup hummus and 1 cup veggies)

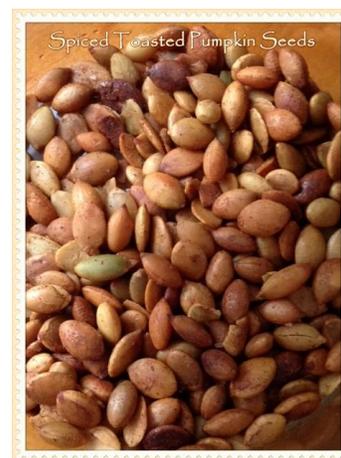
Hummus, made from crushed chick peas, sesame seeds, lemon juice and a touch of olive oil, makes a great dip for raw veggies. It also delivers 5 grams each of fiber and protein per 1/3 cup serving (choose a hummus with no preservatives or additives). You can also make cucumber sandwiches by slicing cucumbers into discs and putting hummus on one disc and topping with another. Wanna make your own? Try [THIS](#) recipe.

Spiced Toasted Pumpkin Seeds (1/4 cup = 1 serving)

Pumpkin seeds are rich in zinc, magnesium, potassium, healthy fat, fiber and offer a small amount of protein. Try this quick recipe and keep on hand for when your salty and sweet tooth collide.

- ✓ 2 cups raw pumpkin seeds
- ✓ 1 teaspoon olive oil
- ✓ 1 teaspoon raw honey (warmed so its “melted”) or 100% maple syrup
- ✓ ¼ teaspoon sea salt
- ✓ 1 teaspoon cinnamon
- ✓ ¼ - ½ teaspoon ground ginger

Preheat oven to 325. Toss pumpkin seeds with remaining ingredients until evenly coated, and then spread them evenly on a baking sheet pan. Bake for 7-10 minutes until aromatic and slightly browned. The pumpkin seeds will become crispy as they cool.



One hardboiled egg and 1 cup snap peas

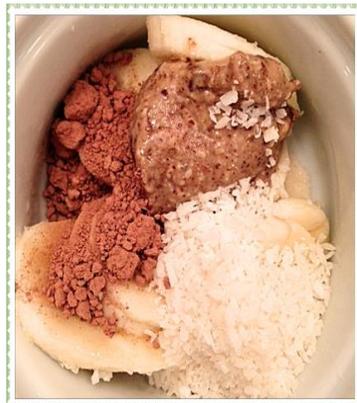
Hardboiled eggs ([organic, free range](#)) make great snacks as they are so portable. Just peel and eat, with an added dash of salt and pepper. You'll also get 6 grams of high quality protein and 5 grams of delicious fat. Pair with veggies for added crunch, nutrition, and filling factor.



Banana-Coco 'Pudding':

One small banana plus 1 tablespoon each almond butter and unsweetened coconut flakes.

This delicious combination is filling and nutritious (and feels like you are cheating). Just mash together almond butter and banana and sprinkle on the coconut. If you love chocolate, add in a teaspoon of unsweetened cocoa powder to the banana/nut mash for a real treat!



Homemade Granola (1/3 cup = 1 serving)

It really doesn't get easier than this. Double the recipe as you will want to have lots around for snacks (or breakfast too)! Serving size 1/3 cup.

- ✓ 1½ cups large coconut flakes, unsweetened
- ✓ ½ cup diced walnuts
- ✓ ½ cup sunflower seeds
- ✓ 2 tablespoons pure maple syrup OR 1 tablespoon maple syrup and 1 tablespoon [lakanto](#) (check out this healthier sweetener alternative)

Preheat oven to 250 F. Mix all ingredients together in a medium size bowl and lay out onto a baking tray. Separate any clumps. Bake for about 15-18 minutes. Take out of oven and let cool. Granola will crisp up as it cools. Store in glass container. Serve with a generous portion of berries and some unsweetened almond or coconut milk. Or use as a mix-in with your favorite yogurt. Feel free to vary the nuts and seeds. Any combo should work.



Fruity Nut Cup:

One cup fresh fruit, 2 tablespoons crushed walnuts, 1 tablespoon unsweetened coconut, 1 tablespoon hemp seeds

This is the perfect snack if you are craving sweet and crunch. The nuts/hemp seeds/coconut deliver on fat and protein, and the fruit on fiber and sweetness.



Super smoothie!

Smoothies make amazing snacks. They are a great way to flood your body with nutrients and can also be very satisfying. Pair up fruits and veggies, protein, fat, add your favorite mix-ins, blend and go.

Raspberry Almond Smoothie (serves 1)

- ✓ 1 cup unsweetened non-dairy milk
- ✓ 1/2 cup frozen raspberries
- ✓ 1/2 banana, frozen
- ✓ 1 tablespoon almond butter
- ✓ 1 small handful Romaine or spinach
- ✓ 1.5 tablespoons pumpkin protein
- ✓ Ice if needed (optional)



Energy Burst Bites (serving size = 2)

These are SO delicious and travel really well. You will always want to have some on hand for a quick on-the-go nutritious snack.

- ✓ 2 tablespoons raw honey, maple syrup or Lakanto
(need to use an extra 1.5 tablespoons of nut/seed butter if using Lakanto)
- ✓ 2 teaspoons vanilla
- ✓ 1/3 cup nut or seed butter (tahini is delicious in this)
- ✓ 1/4 cup ground flax seeds *
- ✓ 1 cup fine coconut flakes
- ✓ Sprinkle sea salt
- ✓ Sprinkle cinnamon and/or ginger
- ✓ Slivered almonds or pecan halves for topping (optional)

Line a baking tray with parchment paper. Mix all ingredients with a wooden spoon. May need to really work the “batter” to get uniform mixture and make sure it’s all combined. Use your hands to “squish” and form about 1-inch round balls, pressing them flat once you put them onto the tray. Press a piece of slivered almond or half a pecan into the top of each piece (totally optional, but looks nice).

**In place of the ground flax, use hemp or pumpkin seed protein powder for a bigger protein punch, or a combo of the two.*

We value your feedback! Let us know what healthy snacks you enjoy by [emailing us](#) OR [posting your comments on our Facebook page](#)
Check out our [website](#) for more fantastic info!