

# Healthy Eating Success System

## Snack Recipes/Ideas



## Nutrient-Packed Snacks

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.

That being said, we really only want you snacking if you are truly physically hungry. Your meals should be lasting you at least 3-4 hours. If you eat breakfast at 8am, lunch at noon, and dinner at 7, it's reasonable to feel the need to snack between lunch and dinner. If you are feeling very hungry 1-2 hours after a meal, it's more than likely that either your meal was not balanced enough or you ate too little (or some type of emotional calling is going on).

If true hunger is what you *are* feeling, then we urge you to go ahead and have a snack. Just be sure your snacks include lean protein, healthy fat, fiber and/or wholesome carbs. This will help to:

- ✔ 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 **control weight**
- ✔ **boost your metabolism** rather than botch it



**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.

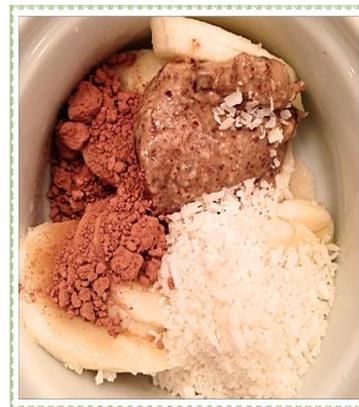
**Turkey Roll-Up: 1-2 ounces natural turkey breast\*, ¼ avocado, 1 teaspoon mustard rolled into romaine lettuce, plus one whole sliced red pepper**

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 (or put your turkey on the inside of half of a pepper, like a "boat", for extra flavor and fiber. \*look for a clean turkey brand (ie: Applegate Farms, Wegmans organic)

**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 1 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!



### **One hardboiled egg and 1 cup snap peas or any raw veggie**

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.

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

Hummus makes a great dip for raw veggies. It also delivers 5 grams each of fiber and protein per 1/3 cup serving. You can also make cucumber sandwiches by slicing cucumbers into discs and putting hummus on one disc and topping with another. You can purchase (choose a hummus with no preservatives or additives) or make your own

#### **Red Pepper Hummus**

- ✓ 1 15-oz can or 2 cups of garbanzo beans (chick peas)
- ✓ ¼ cup tahini
- ✓ 1 Tbs extra virgin olive oil
- ✓ 1 large clove garlic
- ✓ 8 oz jar roasted red peppers (drained)
- ✓ Juice from one small lemon
- ✓ ½ tsp cumin (optional)
- ✓ ½ tsp sea salt (or to taste)

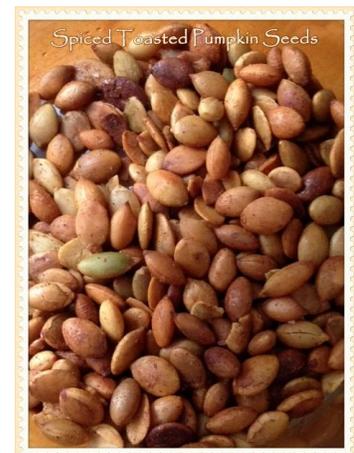
Put all ingredients in blender or food processor and blend till smooth. Enjoy!

### **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.

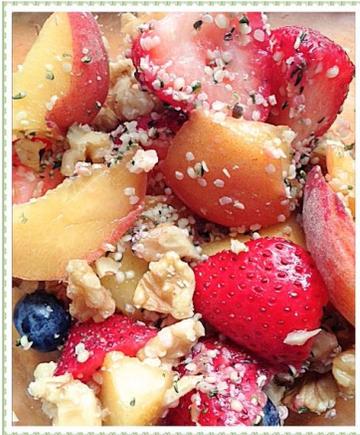


### Homemade Granola (1/3 cup = 1 serving)

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.

### Guacamole

Avocados contain healthy fats and are loaded with fiber, vitamins, minerals, and antioxidants (especially those that help the eyes) and may even help prevent cancer. Forgo the chips and use celery, carrots, cucumber, peppers and maybe even some new veggies like cut up celery root or jicama for dipping. There are many "clean" brands such as Organic Wholly Guacamole or whip up your own guacamole recipe such as [this one](#).



## 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)

- ✓ ¾-1 cup unsweetened non-dairy milk
- ✓ 1/2 cup frozen raspberries
- ✓ ½ banana, frozen
- ✓ 1 tablespoon almond butter
- ✓ 1 small handful Romaine or spinach
- ✓ 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)
- ✓ ¼ 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.*

