

# Simply Healthy Snacks



## INGREDIENTS

### *Loaded Rice Cakes*

brown rice cakes  
peanut butter or tahini  
banana, apple, berries  
nuts and seeds

### *Hummus + Crudités*

hummus  
fresh veggies

### *Easy Veggie Dip*

cooked white beans  
nut-milk  
lemon juice  
nutritional yeast  
salt & pepper

### *Trail Mix*

nuts/seeds  
dried fruit  
shredded coconut

### *Roasted Chickpeas*

chickpeas  
curry powder  
sea salt  
olive oil

### *Mediterranean Celery*

celery  
hummus  
chopped tomato & cucumber

### *Stuffed Dates*

dates  
nut-butter  
shredded coconut or cacao nibs

### *Frozen Blueberry Gushers*

frozen blueberries  
coconut oil  
chia seeds

### *Fresh Strawberry Crunch*

fresh strawberries  
nut-butter  
homemade granola

### *Apple Stacks*

apples sliced in rounds  
nut-butter  
berries  
pumpkin or hemp seeds

### *Power Popcorn*

unsalted popcorn  
sunflower or hemp seeds  
dried berries

## DIRECTIONS

**Loaded Cakes:** spread some peanut butter or tahini on rice cakes and top with sliced fruit. Optional: sprinkle with some hemp hearts!

**Hummus + Crudités:** fresh veggies and dip them in hummus.

**Easy Veggie Dip:** blend all ingredients for a tasty bean based dip for veggies and some fruit.

**Trail Mix:** mix your favorite higher protein nuts, seeds and dried fruit; store in a lidded container and snack on it whenever needed!

**Roasted Chickpeas:** Soak dry chickpeas overnight and cook to soften about 1 hour or use canned chickpeas. Mix all ingredients in a blender and enjoy for up to 4 days in an air tight container, chilled.

**Mediterranean Celery:** start by washing and chopping celery stalks, then spread some hummus inside and top it with a chopped tomatoes and cucumber, can also add olives or capers for a burst of flavor.

**Stuffed Dates:** Cut dates open and remove the seed. Now, stuff each date with nut-butter and top with chopped nuts, cacao nibs or fresh berries for a sweet treat.

**Frozen Blueberry Gushers:** Toss frozen blueberries in coconut oil and then again in chia seeds, store in an air tight container in the freezer for several weeks. Enjoy at any time, especially on a hot day.

**Strawberry Crunch:** Trim and wash fresh strawberries, dip the ends in nut-butter and then again in your favorite topping, granola, chopped nuts, shredded coconut or chia seeds.

**Apple Stacks:** Core and slice an apple crosswise to make 1/2" thick disks. Cover each disk with nut-butter and top with berries, granola, or pumpkin seeds.

**Power Popcorn:** Make up a cup of unsalted popcorn on the stove or a bag of popcorn in the microwave. Toss in seeds, dried fruit and cacao nibs or mini peanut butter chips. Enjoy!

# Overnight Oats *Base recipe*



Servings: 1      Prep time: 15 min      Cook time: n/a

## INGREDIENTS

- 1/2 cup old-fashioned rolled oats
- 3/4 cup oat milk
- 1 TBSP pure maple syrup, honey or agave (or to taste)
- 2 tsp chia seeds
- 1/2 tsp vanilla extract

### *Carrot Cake Variation*

- 1/2 tsp ground cinnamon
- 1/4 cup grated carrot
- 2 TBSP chopped raw pecans
- 1 TBSP raisins

## DIRECTIONS

1. In a small bowl, mix the oats, oat milk, sweetener of choice, chia seeds and vanilla extract.
2. Add the flavor combination of your choice and mix until well incorporated.
3. Transfer the oatmeal mix to an airtight container and put in the refrigerator overnight.
4. Ready in the morning, easy and healthy on the go breakfast!

# Overnight Oats *Other flavor variations*



Servings: 1      Prep time: 15 min      Cook time: n/a

## INGREDIENTS

### *Blueberry Almond*

- 2 TBSP creamy almond butter
- 1/2 tsp almond extract
- 1/4 cup fresh blueberries

### *PB&J*

- 2 TBSP creamy peanut butter
- 2 TBSP jam of choice

### *Cinnamon Apple*

- 1/2 tsp ground cinnamon
- 1/4 cup chopped apple
- 2 TBSP chopped raw pecans

## INGREDIENTS

### *Pumpkin Pie*

- 1/4 cup pumpkin puree
- 1 tsp flax seeds
- 1/2 tsp ground cinnamon
- pinch of ground nutmeg
- pinch of ground ginger
- 2 TBSP chopped raw pecans

### *Cookie Dough*

- 1 TBSP cashew butter
- 1 TBSP chopped raw walnuts
- 2 TBSP dairy free chocolate chips
- pinch of ground cinnamon

# Zucchini Carrot Breakfast Muffins



Servings: 12      Prep time: 20 min      Cook time: 25 min

## INGREDIENTS

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 3/4 tsp baking soda
- 3/4 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 2 TBSP ground flax seeds
- 6 TBSP water
- 1/2 cup avocado or melted coconut oil
- 1 medium zucchini, shredded
- 1 small carrot, shredded
- 1 cup prune juice or apple juice
- 1/4 cup agave nectar or maple syrup

## DIRECTIONS

1. Preheat oven to 350F.
2. Line or lightly grease a muffin pan.
3. In a small bowl, mix the flax and 6TBSP water and set aside to thicken.
4. In a large bowl, using a wooden spoon, mix the flours, baking soda, baking powder, salt, and spices.
5. In a separate bowl, mix the oil, zucchini, carrot, and sweetener of choice.
6. Add the wet ingredients to the dry and stir to a batter consistency.
7. Fill individual muffin cups 2/3 full.
8. Bake for 20-25 minutes or until the tops are golden.

# Aunt Florine's Fruit Salad



Servings: 12      Prep time: 15 min      Cook time: n/a

## INGREDIENTS

- 3 apples, cored, cut into wedges
- 2 avocados, cut into chunks
- 1/4 cup lemon juice
- 1 large pineapple, sliced crosswise
- 1 bunch romaine lettuce, shredded
- 1 pint fresh strawberries, sliced
- 1/2 cup coconut shavings
- 1/4 cup apple juice
- 1 tsp. grated lime rind
- juice of 2 limes

## DIRECTIONS

1. Combine apples and avocado with lemon juice and toss to coat.
2. Place the lettuce on a serving plate.
3. Arrange the fruit over the lettuce.
4. Sprinkle with coconut shavings.
5. In a separate bowl, whisk apple juice, lime rind, and lime juice until combined.
6. Pour over salad, enjoy!

# Roasted Asparagus *With balsamic & sun-dried tomato*



Servings: 6    Prep time: 10 min    Cook time: 15 min

## INGREDIENTS

2lbs slender asparagus or green  
beans, ends trimmed  
1 TBSP avocado oil or safflower oil  
1/4 tsp coarse salt  
Freshly ground black pepper  
1/2 cup chopped sun dried tomatoes  
2 tsp balsamic vinegar  
1/4 cup sliced almonds

## DIRECTIONS

1. Preheat oven to 425F.
2. Place asparagus in a baking dish, drizzle with choice of oil and sprinkle with salt and pepper.
3. Bake 15 minutes, turning asparagus occasionally, until asparagus is golden brown and tender.
4. Sprinkle with sun-dried tomatoes, almonds, and balsamic vinegar.

# Roasted Carrots *With a balsamic glaze*



Servings: 4    Prep time: 5 min    Cook time: 25 min

## INGREDIENTS

1lb bag baby carrots  
1 TBSP balsamic vinegar  
2 TBSP honey  
salt and pepper  
olive oil

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Line or grease a baking sheet.
3. Evenly spread-out carrots onto baking sheet and lightly drizzle with olive oil. Season with salt and pepper.
4. Roast for about 20 minutes.
5. While carrots are cooking, whisk together the honey and vinegar in a medium sized bowl.
6. Add carrots into the honey vinegar mix and toss well to coat.
7. Place carrots back onto baking sheet and put back into oven for another 5 minutes.
8. Serve immediately.

# Ayurvedic Trail Mix



Servings: 6

Prep time: 10 min

Cook time: n/a

## INGREDIENTS

- 1 cup sunflower seeds
- 1 1/2 cup dried apricots, coarsely chopped
- 1/2 cup raisins
- 1/2 cup dried apples, coarsely chopped
- 1/2 cup walnut pieces
- 1/4 tsp cinnamon
- 1/8 tsp ground cardamom (optional)

## DIRECTIONS

1. Mix everything together with a big spoon.
2. Transfer to an airtight container.
3. Trail mix will keep for several weeks.

# Homemade Granola



Servings: 6

Prep time: 10 min

Cook time: 40 min

## INGREDIENTS

- 2 cups rolled oats (not instant)
- 1/2 cup chopped pecans
- 1/2 cup chopped almonds
- 1/4 cup maple syrup
- 1/4 cup coconut oil (melted if yours is solid)
- 1 tablespoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup shaved coconut
- a little brown sugar (optional)

## DIRECTIONS

1. Preheat oven to 300 degrees.
2. In a large bowl, mix everything together except the coconut shavings. (I add them during the last few minutes of baking so they don't burn).
3. Pour mixture onto a baking sheet lined with parchment paper and spread into a thin layer.
4. Stir every 15 minutes... after 30 minutes start checking to see if it's done – crispy but not burned.
5. When you feel that you have about 10 minutes left, add the coconut shavings onto your baking sheet.
6. Taste, and if it's not sweet enough for you, add a little bit of brown sugar.

# No-Bake Granola Bars



Servings: 12    Prep time: 10 min    Cook time: 4 hrs.

## INGREDIENTS

2 1/2 cups rolled  
oats  
1 cup raw pumpkin seeds (pepitas)  
1/2 cup raisins  
2/3 cups nut-butter  
1/2 to 2/3 cup yakon syrup or honey  
(adjust based on how well things  
stick together)  
1/8 teaspoon sea salt (adjust based  
on which nut butter you use)

## DIRECTIONS

1. Mix oats, pumpkin seeds, and raisins in a large bowl.
2. Whisk together nut butter, sweetener, and sea salt. Pour into oat mixture, and mix well, till everything is sticky and combined. If it's too dry, add a bit more syrup.
3. Press mixture into a shallow baking dish that you've lined with foil or saran wrap. Cover with more foil/saran, press well into the baking dish, and refrigerate for 4 hours.
4. Cut into bar shapes, wrap, and keep refrigerated until ready to use.
5. They will last up to two weeks in the fridge.

# Berry Chia Parfait with Granola



Servings: 2    Prep time: 1hr+more    Cook time: n/a

## INGREDIENTS

### *Chia Pudding*

2 cups of walnut milk  
2 TBSP of maple syrup  
1/2 TBSP of vanilla extract  
1/8 tsp of cinnamon  
1/8 tsp of cardamom  
2 large pinches of Himalayan crystal salt or  
sea salt  
6 TBSP of chia seeds

### *Parfait*

2 cups of fresh berries  
1 large banana, cut into slices  
1/2 cup of granola

## DIRECTIONS

### *Chia Pudding*

1. Combine walnut milk, maple syrup, vanilla extract, cinnamon, cardamom and salt in a blender. Blend until smooth.
2. Stir chia seeds into the milk mixture well and let them rest for a few minutes.
3. After three to four minutes, stir the mixture with a fork until everything is well combined. Place in the refrigerator.
4. After about 1 hour the chia seeds will have soaked up most of the liquid, turning the mixture into a creamy pudding. If you like your pudding extra creamy like I do, leave it in the fridge overnight.

### *Parfait*

1. Start with a layer of berries, then add some chia pudding, more berries and banana and another layer of chia pudding.
2. Top with a generous serving of your favorite granola and some extra berries.
3. Will keep up to 4 days, chilled in an airtight container.

# Roasted Veggie Chips



Servings: n/a    Prep time: 15 min    Cook time: 1 hr 30 min

## INGREDIENTS

Beets or Favorite Veggie  
Olive or Coconut oil  
Maldon sea salt

## DIRECTIONS

1. Preheat oven to 300F.
2. Slice beets very thin using a mandolin.
3. Toss with oil so each beet slice is covered.
4. Sprinkle with sea salt and lay beet slices in a single layer on parchment lined baking sheets.
5. Place in the oven immediately, for 20 minutes.
6. After 20 minutes, reduce heat to 225 degrees F for about an hour.
7. Keep a close eye on the beets and remove from the oven when they are crisp and starting to brown.
8. Enjoy on their own or with your favorite dip!

# Red Lentil Hummus



Servings: 4    Prep time: 20 min    Cook time: 15 min

## INGREDIENTS

2 cups water  
1 cup dried red lentils  
2 garlic cloves  
2 TBSP tahini paste  
4 TBSP olive oil  
juice of 1 lemon  
2 tsp salt  
1 tsp paprika  
1/2 tsp black pepper

## DIRECTIONS

1. Bring water to a boil and add the lentils.
2. Lower the heat and simmer until the liquid is absorbed, 10-15 minutes.
3. Put the lentils and other ingredients in a blender and process until smooth. Alternately, mashing with a fork works great as well.
4. Spoon into a bowl, sprinkle with paprika and cover with a bit of olive oil to prevent drying out.

# Spicy White Bean Hummus



Servings: 2

Prep time: 15 min

Cook time: n/a

## INGREDIENTS

- 1/2 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 tsp sea salt
- 1/8 tsp cayenne
- 1 clove garlic
- 1 15oz can cannellini beans, drained  
and liquid reserved
- 3 TBSP tahini
- 3 TBSP olive oil
- 2 TBSP lemon juice

## DIRECTIONS

1. In a food processor, pulse the garlic until broken into small pieces.
  2. Add beans, tahini, olive oil, lemon juice, spices. Blend until desired consistency is achieved, adding reserved bean liquid if too dry.
  3. Taste and add more spices if desired.
  4. Spoon hummus into a dish with a tight fitting lid, drizzle with olive oil and other toppings, enjoy.
- Toppings (optional)
- Minced red onion
  - Fresh parsley
  - Roasted Red Pepper

# Energy Balls



Servings: 18 balls

Prep time: 25 min

Cook time: n/a

## INGREDIENTS

- 1 1/2 cups oat flour
- 1 cup walnuts
- 1/3 cup well-stirred creamy nut-  
butter
- 10 soft Medjool dates
- 1 tsp vanilla extract
- 2 TBSP water
- 1/2 tsp sea salt
- 1/2 cup mini chocolate chips  
(optional)

## DIRECTIONS

1. In a food processor, place the oat flour, walnuts, nut-butter, dates, vanilla, water, and salt. Pulse until the mixture sticks together when pinched. If it's too crumbly, pulse in more water, 1 teaspoon at a time.
2. Transfer the mixture to a bowl and stir in the chocolate chips, if using. Spoon out and roll into 2" balls.
3. Store extra energy balls in the fridge. They also freeze well. To thaw, leave them at room temperature until soft.
4. Roll each ball in chopped nuts, shredded coconut or matcha powder for texture, flavor and fun.



# Healthy & Easy Banana Split



Servings: 2

Prep time: 10 min

Cook time: n/a

## INGREDIENTS

### *Ice cream:*

- 2 bananas, frozen in chunks
- 2 TBSP cocoa powder
- pinch salt
- water for blending

### *Fudge sauce:*

- 3 TBSP agave (or date paste)
- 3 TBSP olive or coconut oil
- 2 TBSP cocoa powder
- pinch salt

### *The split:*

- 1 banana, sliced in half both ways
- 4 chopped strawberries
- 2 TBSP chopped walnuts

## DIRECTIONS

1. Mix up the sauce first. Stir together the agave or date paste, oil, cocoa powder, and salt. Set aside.
2. Put the frozen banana chunks in a food processor with a pinch of salt and the 3 tbsp cocoa powder. Add just enough water to help process into soft-serve nice cream.
3. Place the bananas into bowls, using a half banana for each serving.
4. Put on 2 scoops of the chocolate nice cream. Top with the chocolate fudge sauce, strawberries, and walnuts.
5. Enjoy!

# Nut-butter Cups



Servings: 8

Prep time: 20 min

Chill time: 1 hr

## INGREDIENTS

### *Filling:*

- 1/2 cup almond butter
- 1 tsp nutritional yeast
- 2 TBSP agave or maple syrup
- pinch salt

### *Chocolate:*

- 1/2 cup coconut oil
- 3/4 cup cacao powder
- 6 TBSP agave or maple syrup

## DIRECTIONS

1. Mix the almond butter, nutritional yeast, sweetener of choice, and salt.
2. Form into round disks that will fit inside your chosen mold, like a mini muffin pan, and place on waxed or parchment paper.
3. Stick in the fridge for about a half hour, until the mix is chilled well and firm.
4. In a double boiler, melt the coconut oil, then add the rest of the chocolate ingredients and stir.
5. Into your mold, pour a thin layer of chocolate and then put in the freezer to chill till hardened.
6. Put the nut butter disk on top in the center and pour on another layer of chocolate.
7. Freeze this for about a half hour.
8. When ready to enjoy, take out of the mold.