

Snack Ideas

Rosemary Sea Salt and Vinegar Beet Chips

(Courtesy of runningtothekitchen.com)

Ingredients:

- *2 large beets, thinly sliced*
- *Rice vinegar*
- *2 sprigs rosemary*
- *Extra virgin olive oil*
- *Sea salt*

For the dip:

- *¼ cup plain yogurt*
- *1 tbsp roasted garlic*
- *1 tbsp chopped rosemary*



Directions:

Place the sliced beets in a large pot. Add rice vinegar until just covering the beets. Bring the pot to a boil, turn off the heat, and let it sit for 15 minutes. Drain. Add enough olive oil to the bottom of a large pot or skillet. Add 1 sprig of the rosemary and heat over medium heat. When the oil is hot, add the beets in a single layer. Pan fry the beets for 1-2 minutes per side until they crisp up. Transfer to a paper towel lined plate to drain and repeat using the remaining beets. Sprinkle with sea salt and remaining rosemary. Serve warm.

For the dip: combine all ingredients into a small bowl and stir.

Chocolate Coconut Chia Balls

(Courtesy of Nutritiontwins.com)

Ingredients:

- *1 ¼ cup medjool dates (10 dates)*
- *1 tsp cacao powder (unsweetened)*
- *2 tbsp chocolate chips*
- *1 tbsp chia seeds*
- *1 tbsp shredded coconut unsweetened*



Directions:

Soak the dates in water for a few minutes if they are dry. In a food processor/blender, blend the dates and cacao powder until it is smooth and pasty. Add water if necessary to get the right consistency. Push down all of the paste from the sides and transfer to a small bowl. Stir in the chocolate chips and chia seeds. Measure out 1 flat tbsp. and roll into a ball. Make 9 balls and put them on a plate. On a separate plate, spread the coconut, and roll each ball in the coconut mixture until covered. Put in refrigerator for 15-20 minutes to chill

Chia Almond Cranberry Bars

(courtesy of choosingraw.com)

Ingredients:

- *1 heaping cup pitted dates*
- *1 cup almonds*
- *½ cup cashews*
- *1 ¾ cup rolled oats*
- *Pinch sea salt*
- *2 tbsp chia seeds*
- *½ tsp cinnamon*
- *½ cup dried cranberries*
- *½ cup almond butter*
- *1 tsp vanilla extract*



Directions:

Soak the dates 15-30 minutes (an hour is better). Drain, but reserve some of the soaking water. Put almonds in a food processor to break them down into smaller pieces. Add the cashews and repeat until the nuts look like they've been chopped. Empty into a large mixing bowl and add in oats, chia seeds, salt, cinnamon and cranberries. Mix and set aside. Place the dates, almond butter and vanilla in food processor. Blend until smooth and add some of the reserved water if it looks too dry. Add the date mixture to the dry ingredients and mix until uniform. Press mixture into 8x8 baking dish and smooth the top over. Cover and refrigerate for a few hours. Cut mixture into bars and store in airtight container up to 2 weeks.

Banana Chocolate Chip “Donuts” (will need a donut mold pan or muffin pan)

(courtesy of girlsguideto.com)

Ingredients:

- *1 cup mashed ripe bananas*
- *½ cup sugar*
- *½ cup fat free greek yogurt*
- *¼ cup unsalted butter, melted*
- *2 eggs at room temp.*
- *1 tsp pure vanilla extract*
- *2 cups all-purpose flour*
- *1 tsp baking powder*
- *½ tsp baking soda*
- *¼ tsp salt*
- *1 cup chocolate chips*



Optional topping:

- *¼ cup sugar*
- *1 tbsp cinnamon*

Directions

Preheat oven to 325. Whisk the mashed banana, sugar and yogurt until well mixed. Add the melted butter, eggs, and vanilla and mix. Add flour, baking powder, baking soda, and salt and blend but do not over blend.

Fold in the chocolate chips. Put the batter into a ziplock bag and seal shut. Snip the bottom corner of one side of the bag to create your own piping bag. Pipe the mixture into a donut mold $\frac{3}{4}$ of the way full in each mold and bake for 12-15 mins. (Optional, sprinkle the topping onto each mold with batter before baking). You can use a muffin tin and pipe mixture around the edges.

Honey Granola

(courtesy of thegraciouspantry.com)

Ingredients:

- *3 cups rolled oats*
- *½ chopped walnuts*
- *½ cup unsweetened applesauce*
- *¼ cup honey*
- *2 tsp cinnamon*
- *1 cup dried fruit of choice*



Directions:

Preheat oven to 325 degrees. Put oats and walnuts in a large bowl. In a different bowl, mix all remaining ingredients. Pour wet ingredients into the dry ingredients and blend well until mixed evenly. Spread over parchment lined baking sheet. Bake 45-60 mins, stirring every 10-15 minutes so it does not burn. When it feels dry and has a golden brown color, it is finished baking. Add dried fruit, mix, and Allow to cool.

Energy Bars

(courtesy of Ellie Krieger)

Ingredients:

- *Cooking spray*
- *1 cup quick cooking rolled oats*
- *½ cup unsalted sunflower seeds*
- *½ cup toasted wheat germ*
- *¼ cup whole wheat pastry flour*
- *½ cup dried apricots*
- *½ cup raw almonds*
- *½ cup raisins*
- *½ cup pitted dried dates*
- *½ cup powdered not fat dry milk*
- *½ tsp ground cinnamon*
- *1/3 cup pure maple syrup*
- *2 large eggs*



Directions:

Preheat the oven to 350 F. Coat a 9x13 inch baking pan with cooking spray. Place all ingredients except syrup and eggs in a food processor and pulse until mixture is finely chopped. Add the syrup and eggs and pulse until well combined. It will resemble course paste. Transfer to baking pan and spread evenly. Bake until just done for about 20 mins.

Cut into 20 squares.

Maple Glazed Walnuts

(courtesy of Ellie Kreiger)

Ingredients:

- *2 cups walnut halves*
- *1/3 cup maple syrup*
- *1/8 tsp salt*



Directions:

Preheat a dry skillet over a medium-high heat. Add the walnuts, maple syrup and salt. Cook, stirring frequently until syrup caramelized and nuts are toasted, about 3 mins. Let cool

Broccoli Cheddar Quinoa bites

(Courtesy of alidaskitchen.com)

Ingredients:

- *¾ cup quinoa, rinsed*
- *1 ½ cup water or vegetable broth or chicken broth*
- *Eggs, lightly beaten*
- *2 cups broccoli florets, finely diced*
- *1 cup yellow onion, finely diced*
- *1 garlic clove, finely minced*
- *1 ½ cup shredded cheddar cheese*
- *½ tsp paprika*
- *Crushed red pepper (optional)*



Directions:

In a medium sauce pan, cook quinoa according to package directions. Let cool. In a large bowl, combine cooked quinoa, eggs, broccoli, onion, garlic, cheese and paprika. Preheat oven to 350. Spray mini muffin tins with cooking spray. Put heaping tbsp. of quinoa mixture into muffin cups. Bake 15-20 mins or until edges are golden brown. Remove and let cool for 5 minutes.

Zucchini and Carrot Mini Muffins

(courtesy of Rachel Ray)

Ingredients:

- *3/4 cup cake flour*
- *1 teaspoon baking powder*
- *1/2 teaspoon baking soda*
- *1/4 teaspoon cinnamon*
- *1 pinch nutmeg*
- *1 egg*
- *1/2 sugar*
- *3 tablespoons plus 1 tsp. vegetable oil*
- *1/2 cup grated zucchini*
- *1/4 cup grated carrot*
- *1 pinch salt*
- *1/4 cup wheat bran*
- *1/4 cup chopped walnuts*
- *Cooking spray*



Directions:

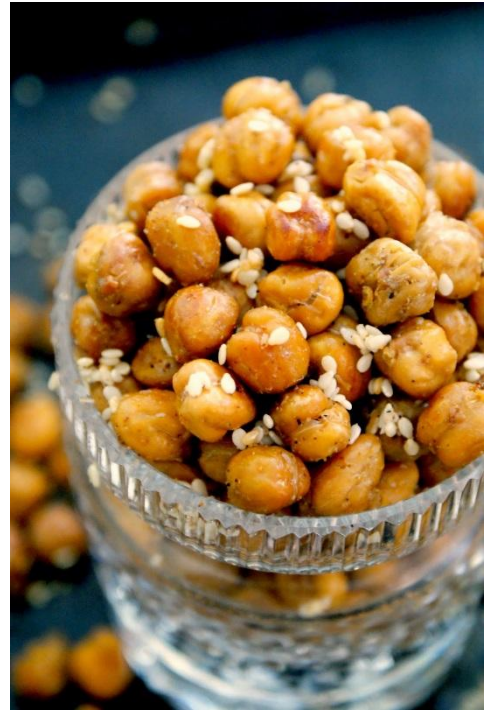
Preheat oven to 350. In a bowl, sift cake flour, baking powder, baking soda, cinnamon and nutmeg. In a different bowl, whisk egg, sugar and oil. Stir in the zucchini, carrot and salt. Stir flour mixture into veggie mixture. Mix in the bran and walnuts. Grease mini muffin pan with spray, fill cups halfway with the batter and bake 12-14 mins.

Sesame Garlic Roasted Chickpeas

(courtesy of thetwobiteclub.com)

Ingredients:

- *2 (16 ounce) cans chickpeas (garbanzo beans)*
- *1 tbsp olive oil*
- *1 tbsp sesame oil*
- *1/2 tsp garlic powder*
- *1/2 tsp salt*
- *2 tsps sesame seeds*
- *1 tsp soy sauce*



Directions:

Preheat oven to 375. Drain and rinse chickpeas and dry off with paper towels. Pick out the outer shells that come off. Roast for 10 mins, stir, then roast for 10 more. Remove from oven and drizzle with olive oil, sesame oil, and then sprinkle with salt and garlic powder. Stir until evenly coated. Roast for 10 more minutes. Remove from oven and sprinkle with sesame seeds and stir to coat. Roast for 10 minutes, turn off oven and crack the oven door. Let the chickpeas sit in the oven for 30 minutes. After 30 mins, take out of oven, add soy sauce over, mix and serve.