



A GUIDE TO HEALTHY SNACKING

What does a healthy snack look like?

Why are snacks important?

Snack ideas

Recipes for homemade snacks



HEALTHY SNACKING



Eating snacks can help you:

- ✓ Satisfy hunger
- ✓ Meet nutrition needs
- ✓ Ensure adequate energy

Snacks should be a good balance of carbohydrates, protein and fat



Choose water to drink with snacks to keep you hydrated throughout the day!

Have snacks planned and portioned ahead of time by:

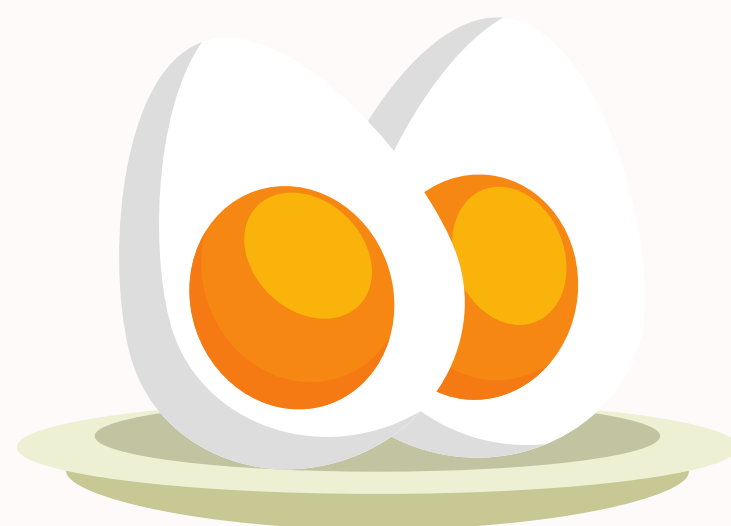
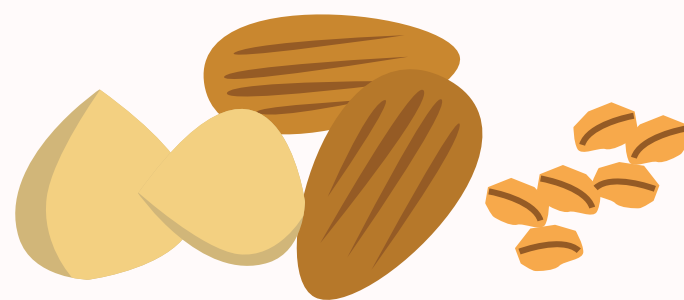
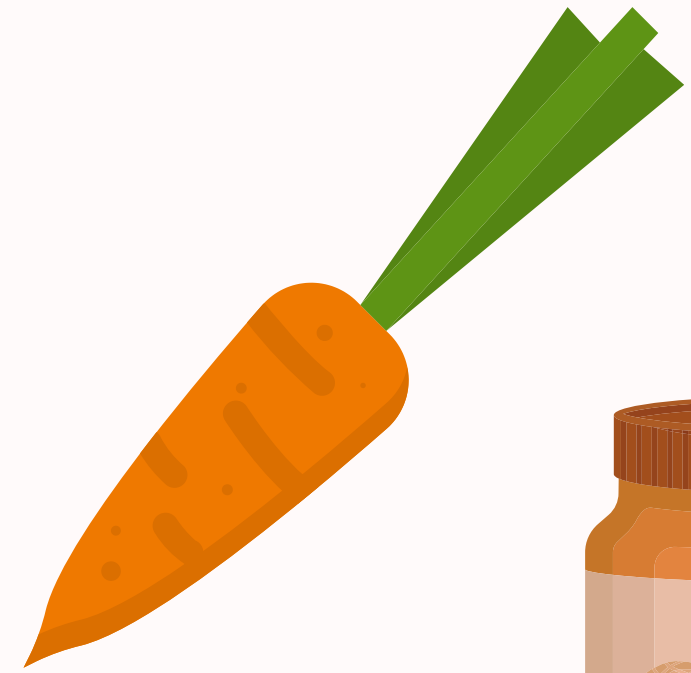
- Washing and cutting up fruits and vegetables
- Air popping popcorn
- Cutting up cheese
- Prepping at the start of the week



BUILDING A HEALTHY SNACK

Ideas to keep you fuelled:

- Raw vegetables (carrots, cucumber, peppers, tomatoes) on their own or with dip
- Apple or banana with peanut butter
- Whole grain crackers and cheese
- Yogurt with fruit, can add granola
- Handful of nuts such as almonds
- Air-popped popcorn, plain or with seasoning of choice
- Trail mix
- Hard boiled egg
- Roasted chickpeas
- Whole grain muffin with a piece fruit
- Toasted pumpkin seeds
- Rice cake with nut butter and fruit
- Energy bites



1. Peanut Butter Energy Balls

3. Granola

4. Whole Wheat Apple Cinnamon Muffins

5. Roasted Chickpeas

PEANUT BUTTER ENERGY BALLS

Ingredients

- 1 1/4 c. old fashioned oats
- 1/2 c. unsweetened shredded coconut
- 1/4 c. mini chocolate chips
- 2 tbsp. chia seeds
- 2 tbsp. flax seeds
- 1/2 tsp. ground cinnamon
- 1/4 tsp. kosher salt
- 3/4 c. natural peanut butter
- 1/4 c. honey
- 1/2 tsp. pure vanilla extract

Instructions

1. Stir oats, chocolate chips, coconut, chia, flax, cinnamon, and salt until combined. Stir in peanut butter, honey, and vanilla.
2. Roll mixture into balls then place on baking sheet. Refrigerate until chilled, about 30 minutes.



HOMEMADE TRAIL MIX

A fun recipe to make because you can customize however you like!

Ingredients

- 1 + 1/2 cups raw nuts such as almonds, pecans, cashews, and/or peanuts
- 1 cup raw seeds such as sunflower seeds and/or pumpkin seeds
- 1 cup dried fruit such as raisins, cranberries, bananas, and/or dates
- Add-ins such as 1/2 cup chopped dark chocolate, 1 cup air-popped popcorn and/or 1 cup pretzels
- Spices such as 1/4 tsp sea salt, 1/2 tsp cinnamon, and/or pinch of nutmeg

Combine all ingredients and store in a ziploc bag or mason jar



HOMEMADE GRANOLA

Ingredients

- 2–3 tablespoons real maple syrup or honey
- 2 tablespoons coconut oil (or other cooking oil)
- 1/2 teaspoon vanilla extract
- 1 large pinch of fine sea salt (about 1/8 teaspoon)
- 2 cups whole rolled oats
- 1/2 cup raw nuts, chopped
- 1/4 cup raw pumpkin seeds
- 2 tablespoons raw sunflower seeds
- 1/2 cup chopped dried fruit such as cranberries or raisins



HOMEMADE GRANOLA

Instructions

1. Preheat the oven to 300° F
2. Combine the oil and maple syrup (or honey), vanilla extract, and salt in a large mixing bowl.
3. Add the rest of the ingredients and use clean hands to mix well and toss to coat; it will be sticky.
4. Your hands will warm the oil and melt it into the mixture if it's solid, just be sure to mix it all through the other ingredients so there aren't any chunks of oil left.
5. Spread the mixture in a thin layer on a baking sheet lined with parchment paper and bake for 10–12 minutes, until very lightly toasted.
6. Cool 10–15 minutes before serving or storing. This granola can be kept in an airtight container in a cool, dry place for up to 2 weeks

WHOLE WHEAT APPLE CINNAMON MUFFINS

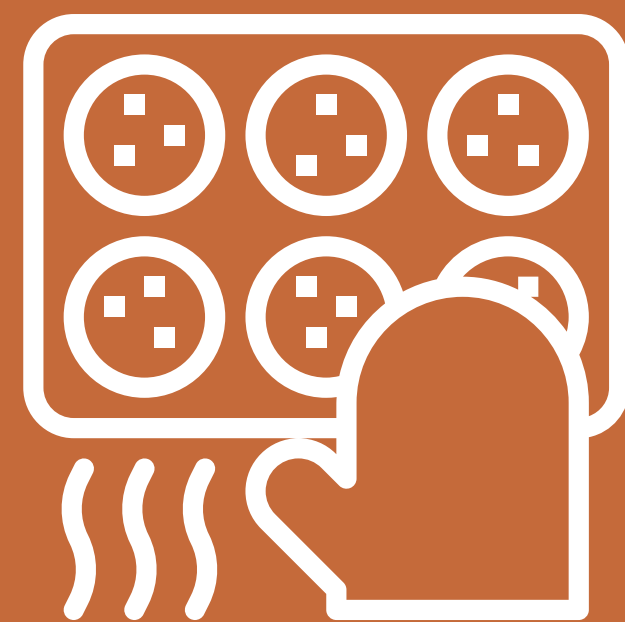
Ingredients

2 cups whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
2 teaspoons ground cinnamon
1/2 teaspoon allspice
1/2 teaspoon salt
1/2 cup chopped pecans
3 large eggs
2/3 cup pure maple syrup
1/3 cup vegetable oil, canola oil, or melted coconut oil
1/3 cup smooth unsweetened applesauce
1 + 1/2 teaspoons vanilla extract
2 cups shredded/grated apple (about 2 apples)



WHOLE WHEAT APPLE CINNAMON MUFFINS

Yields: 15 muffins



Instructions

1. Preheat oven to 425° F. Spray muffin pan with nonstick spray or use cupcake liners.
2. In a large bowl, whisk the flour, baking soda, baking powder, cinnamon, allspice, salt, and pecans together until combined. Set aside. In a medium bowl, whisk the eggs, maple syrup, oil, applesauce, and vanilla together until combined. Pour the wet ingredients into the dry ingredients, stir a few times, then add the grated apple. Fold everything together until combined and no flour pockets remain.
3. Spoon the batter into liners, filling them all the way to the top. Bake for 5 minutes at 425° F then reduce the oven temperature to 350° F and bake for an additional 18 minutes or until a toothpick inserted in the center comes out clean.
4. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.

ROASTED CHICKPEAS

Ingredients

1 can chickpeas, drained and rinsed

1 tbsp canola oil or olive oil

Can be enjoyed in a variety of combinations!

Try it sweet:

1/2 tsp maple syrup

3/4 tsp ground cinnamon

Try it savoury:

1/2 tsp dried thyme

1/2 tsp fresh ground pepper



ROASTED CHICKPEAS

Instructions

1. Preheat oven to 350°F
2. Drain chickpeas and rinse well under running water
3. Spread the chickpeas onto one end of a clean towel. Fold the other side of the towel over the chickpeas and gently roll them in between the two ends to dry. As you dry them, some of the skins will come off. Peel as many of the skins as possible and continue to pat dry. The drier the chickpeas are, the more they will crisp up when baking.
4. Toss the dried chickpeas in oil and then spread them out on rimmed baking sheet and bake for 25 minutes.
5. Remove the pan from the oven. At this point you can add the seasonings. Flip the chickpeas to ensure they are well coated and so that they become evenly browned. Place back in the oven.
6. Bake the chickpeas for another 15–20 minutes or until they are golden brown and crispy.
7. Remove the pan from the oven and let them cool. Chickpeas will continue to crisp up as they cool.