

Snacks... on the GO!



The difference between a snack that has staying power and one that leaves you hungry an hour later is protein! This nutrient busts hunger by slowing digestion, keeping blood sugar steady and keeping cravings at bay. When you are most vulnerable to making unhealthy choices is when you are out & about. Having delicious, good-for-you treats along makes it easy to eat healthy snacks on-the-go.

I've selected some of my favorite treats that are easy to prepare and even easier to throw in your bag. Skip the processed stuff and reach for these instead. You'll never be

hunting for healthy snacks for you or your family again. Here are my top protein-packed snacks that you can take with you anywhere! ~ Chef Sonia

Cheese or hardboiled eggs

Nut butter on celery or fruit

Nuts... of any kind!

Trail mix!

Jerky or tuna

Cottage cheese or yogurt

Meat & cheese & veggie rollups

Hummus and veggies...



And now for some no-bake yummy recipes:

Toasted Quinoa

Try this unconventional way to enjoy the gluten-free superfood: lightly sweetened, and toasted to crunchy perfection. Pack it in a container on top of yogurt, or like we tend to do with our favorite granola, eat it by the handful!

3 cups cooked quinoa mixed with ¼ cup ground flaxseeds, ½ cup shredded coconut, and ½ cup maple syrup, toasted at 425 degrees for 10 minutes.

Oatball Energy Bites

No baking required, only four ingredients, portable, *and* tastes like dessert? This is our kind of quick-fix treat! Nut butter acts as the binder as well as the source of most of the protein in this recipe while oats and dark chocolate chips give it its cookie-like quality while adding both fiber and antioxidants.

1 ½ cups rolled oats, ¾ cup nut butter, ¼ cup honey, ¼ cup mini dark chocolate chips, rolled up into balls.*

Cheese & Grape Skewers

Dice a half-inch thick slice of cheese into squares, and alternate the cubes with grapes onto toothpicks.

The sweet and savory contrast of the cheese and fruit is super sophisticated (and delicious), and a little bit goes a long way to fit your protein needs.

Popcorn!

When it's not doused in butter and artificial flavorings, popcorn can be a super healthy snack, thanks to being a fiber-rich, satiating whole grain. Ratchet up its protein content by dusting the kernels with nutritional yeast, the vegan, B vitamin-packed answer to parmesan cheese!

“Cheesy” Kale Chips

The ultimate in salty cravings, potato chips are one of the easiest snacks to overdo it on. Next time you need a big pile of something crunchy on the go, swap out the store-bought spuds for a baked bunch of homemade kale chips instead. While just as crisp as regular chips, this two-cup serving comes with the added benefits of giving you over 40 percent of your daily value of vitamin A and C, plus a hefty dose of protein from the nutritional yeast topping.

8 cups kale leaves coated with ¼ cup olive oil and ¼ cup nutritional yeast, baked at 325 degrees for 15 minutes, until crisp.

Roasted chickpeas

There’s so much more to chickpeas than hummus, and one of the tastiest ways to enjoy these cholesterol lowering beans is also the simplest. Roast them with some basic seasonings for an extra crunchy, nutty bite, and carry them in a small container to pop a handful when you feel hunger coming!

4 c. chickpeas roasted for 20-30 minutes with 1 TBSP each olive oil, salt & cayenne pepper.



Quinoa Coconut-Cocoa Bar

Melt together: 6 TBSP coconut oil, 2 TBSP nut butter, 4 heaping TBSP unsweetened cocoa powder, 2 TBSP maple syrup, and a pinch of salt.

Stir in 1 cup cooked, cooled quinoa, ¼ cup dried blueberries (or cranberries) and ¼ cup chopped hazelnuts (or pistachios). Pour into a wax paper lined 9”x9” pan and chill until set. Cut into 9 bars.

~~ Not only do these recipes have the added benefit of creating tasty and nutritious snacks from raw ingredients, they take only minutes to put together! ~~



Apple “Cookies”

- 1 apple, cored and sliced thinly
- 1/4 cup nut butter
- 1/2 cup nuts, chopped
- 1/4 cup shredded coconut
- 1/4 cup chocolate chips

Spread nut butter over one side of ring. Top with nuts, coconut and chocolate chips.



*If rolled oats specify to “not consume raw” then toast them in a dry skillet before mixing into recipes.

No-Bake Granola Energy Bites

- 1 cup rolled oats*
- 2/3 cup toasted coconut flakes
- 1/2 cup nut butter
- 1/2 cup ground flaxseeds
- 1/3 cup honey, 1 tsp. vanilla extract
- 1/2 cup chocolate chips

Stir all ingredients together in a medium bowl until thoroughly mixed. Chill in refrigerator for half an hour. Once chilled, roll into balls of desired size.

Carrot Cake Bliss Balls

- 2 cups shredded coconut
- 2 small carrots, quartered
- 10 large seedless dried dates
- ¼ cup raisins
- 1 TBSP nut butter
- 1/4 tsp cinnamon
- 1/2 tsp vanilla, pinch of salt

Pulse all ingredients in the food processor until the mixture sticks together when pressed. Shape the mixture into balls. Roll the balls through extra shredded coconut if desired. Place in the fridge to set.