

# 20 HEALTHY SNACKS

RECIPE BOOK



## VEGGIE STICKS WITH HUMMUS

### Ingredients

- Carrot sticks, cucumber slices, bell pepper strips, and celery sticks
- Hummus for dipping

### Instructions:

- Wash and cut the vegetables into sticks or slices.
- Serve with hummus as a nutritious and crunchy snack.

## GREEK YOGURT WITH BERRIES

### Ingredients

- 1 cup Greek yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)

### Instructions:

- In a bowl, top Greek yogurt with mixed berries.
- Enjoy a creamy and protein-rich snack.

## HOMEMADE TRAIL MIX

### Ingredients

- 1 cup mixed nuts (almonds, cashews, walnuts)
- 1/2 cup dried fruits (raisins, cranberries, apricots)
- 1/4 cup dark chocolate chips or cacao nibs

### Instructions:

- Mix all the ingredients together in a bowl.
- Portion into individual servings for a convenient and energizing snack.

## RICE CAKES WITH AVOCADO

### Ingredients

- Rice cakes
- 1 ripe avocado, mashed
- Optional toppings: cherry tomatoes, cucumber slices, sesame seeds

### Instructions:

- Spread mashed avocado on rice cakes.
- Add your choice of toppings for added flavor and texture.

## COTTAGE CHEESE AND FRUIT

### Ingredients

- 1/2 cup cottage cheese
- Assorted fruits (pineapple, berries, peaches)

### Instructions:

- Place cottage cheese in a bowl and top with fresh fruits.
- Enjoy a protein-packed and refreshing snack.

## CUCUMBER AND CREAM CHEESE ROLL-UPS

### Ingredients

- 1 large cucumber
- 4 ounces cream cheese, softened
- Optional seasonings: dill, garlic powder, black pepper

### Instructions:

- Slice the cucumber lengthwise into thin strips using a mandoline or vegetable peeler.
- In a small bowl, mix the softened cream cheese with desired seasonings.
- Spread the cream cheese mixture onto each cucumber slice.
- Roll up the cucumber slices and secure with toothpicks if needed.

## QUINOA ENERGY BALLS

### Ingredients

- 1 cup cooked quinoa
- 1/2 cup nut butter (almond, peanut, or cashew)
- 1/4 cup honey or maple syrup
- 1/4 cup unsweetened shredded coconut
- 1/4 cup dark chocolate chips
- Optional add-ins: chia seeds, flaxseeds, dried fruits

### Instructions:

- In a bowl, mix all the ingredients together until well combined.
- Roll the mixture into bite-sized balls.
- Place in the refrigerator to set for at least 30 minutes before serving.

## ROASTED CHICKPEAS

### Ingredients

- 1 can chickpeas, rinsed and drained
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- Salt to taste

### Instructions:

- Preheat the oven to 400°F (200°C).
- Pat dry the chickpeas with a paper towel.
- In a bowl, toss the chickpeas with olive oil, smoked paprika, cumin, garlic powder, and salt until well coated.
- Spread the chickpeas on a baking sheet in a single layer.
- Roast in the preheated oven for 20-25 minutes, shaking the pan occasionally, until crispy.
- Let cool before enjoying.

## HARD-BOILED EGGS WITH EVERYTHING BAGEL SEASONING

### Ingredients

- Hard-boiled eggs
- Everything bagel seasoning

### Instructions:

- Peel the hard-boiled eggs.
- Sprinkle everything bagel seasoning over the eggs.
- Enjoy a protein-rich snack with a flavorful twist.

## ALMOND BUTTER AND BANANA ROLL-UPS

### Ingredients

- Whole-grain tortillas
- Almond butter
- Ripe bananas

### Instructions:

- Spread almond butter on a tortilla.
- Place a peeled banana at one end of the tortilla and roll it up.
- Cut into bite-sized pieces or enjoy it as a whole.

## CHIA PUDDING

### Ingredients

- 1/4 cup chia seeds
- 1 cup almond milk or any preferred milk
- 1 tablespoon honey or maple syrup
- Fresh fruits or nuts for topping

### Instructions:

- In a bowl, whisk together chia seeds, almond milk, and honey or maple syrup.
- Let the mixture sit for 5 minutes, then whisk again to prevent clumps.
- Cover and refrigerate for at least 2 hours or overnight.
- Before serving, give it a good stir and top with fresh fruits or nuts of your choice.

## CAPRESE SKEWERS

### Ingredients

- Cherry tomatoes
- Fresh mozzarella balls
- Fresh basil leaves
- Balsamic glaze (optional)

### Instructions:

- Thread a cherry tomato, a mozzarella ball, and a basil leaf onto a skewer.
- Repeat for desired number of skewers.
- Drizzle with balsamic glaze if desired.
- Serve as a light and flavorful snack.

## EDAMAME

### Ingredients

- Frozen edamame
- Salt

### Instructions:

- Cook the frozen edamame according to package instructions.
- Drain and sprinkle with salt.
- Enjoy popping the edamame beans out of the pods as a protein-packed snack.

## BERRY SMOOTHIE

### Ingredients

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup Greek yogurt
- 1/2 cup almond milk or any preferred milk
- 1 tablespoon honey or maple

### Instructions:

- In a blender, combine mixed berries, Greek yogurt, almond milk, honey or maple syrup, and ice cubes (if using).
- Blend until smooth and creamy.
- Pour into a glass and enjoy a refreshing and fruity snack.

## BAKED ZUCCHINI CHIPS

### Ingredients

- 1 large zucchini, thinly sliced
- 1 tablespoon olive oil
- Salt and pepper to taste

### Instructions:

- Preheat the oven to 375°F (190°C).
- Toss the zucchini slices with olive oil, salt, and pepper in a bowl.
- Place the slices on a baking sheet in a single layer.
- Bake for 15–20 minutes until golden and crisp.
- Let cool before enjoying the crunchy zucchini chips.

## AVOCADO TOAST

### Ingredients

- Whole-grain bread
- Ripe avocado
- Lemon juice
- Optional toppings: cherry tomatoes, red pepper flakes, feta cheese

### Instructions:

- Toast the whole-grain bread slices.
- Mash the ripe avocado with a squeeze of lemon juice in a bowl.
- Spread the mashed avocado on the toasted bread.
- Add your choice of optional toppings for added flavor.

## HOMEMADE SALSA WITH BAKED TORTILLA CHIPS

### Ingredients

- 3 ripe tomatoes, diced
- 1/2 red onion, finely chopped
- 1 jalapeño pepper, seeded and finely chopped
- 1/4 cup chopped fresh cilantro
- Juice of 1 lime
- Salt and pepper to taste

For Tortilla Chips

- Whole-grain tortillas
- Olive oil
- Salt

### Instructions For Salsa:

- In a bowl, combine diced tomatoes, red onion, jalapeño pepper, cilantro, lime juice, salt, and pepper.
- Mix well and let the flavors meld together for at least 30 minutes.

### Instructions For Tortilla Chips

- Preheat the oven to 350°F (175°C).
- Brush both sides of the tortillas with olive oil.

## FROZEN GRAPES

### Ingredients

- Grapes (any variety)

### Instructions:

- Wash and dry the grapes.
- Place them in a resealable plastic bag or freezer-safe container.
- Freeze for at least 2 hours or until firm.
- Enjoy the frozen grapes as a sweet and refreshing snack.

## SPINACH AND FETA STUFFED MUSHROOMS

### Ingredients

- Large button or cremini mushrooms
- 1 cup fresh spinach, chopped
- 1/4 cup crumbled feta cheese
- 2 tablespoons breadcrumbs
- 1 tablespoon olive oil
- Salt and pepper to taste

### Instructions:

- Preheat the oven to 375°F (190°C).
- Remove the stems from the mushrooms and hollow out the centers slightly.
- In a bowl, combine chopped spinach, feta cheese, breadcrumbs, olive oil, salt, and pepper.
- Spoon the mixture into the mushroom caps.
- Place the stuffed mushrooms on a baking sheet.
- Bake for 15-20 minutes until the mushrooms are tender and the filling is golden.
- Let cool before enjoying the savory stuffed mushrooms.

## YOGURT BARK

### Ingredients

- 1 cup Greek yogurt
- 2 tablespoons honey or maple syrup
- Assorted toppings: sliced fruits, granola, nuts, shredded coconut

### Instructions:

- In a bowl, mix Greek yogurt and honey or maple syrup.
- Line a baking sheet with parchment paper.
- Spread the yogurt mixture onto the parchment paper in an even layer.
- Sprinkle desired toppings over the yogurt.
- Freeze for 2-3 hours or until firm.
- Break into pieces and enjoy a cool and satisfying snack.