

# HEALTHY SNACKS COOKBOOK



**Campus Recreation**



**Student Affairs**  
**UtahStateUniversity**

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## RECIPE NAME

## Strawberry-Chocolate Greek Yogurt Bark

MAKES 32 SERVINGS  
SERVING SIZE 1 PIECE

PREP TIME: 10 MINUTES

TOTAL TIME: 3 HRS 10 MIN

## RECIPE OVERVIEW

This snack is like chocolate bark but healthier! It is perfect for kids or adults and is a great alternative to dessert.



## INGREDIENTS

3 cups Greek yogurt, whole milk will ensure the creamiest bark  
1/4 cup pure maple syrup or honey  
1 tsp vanilla extract  
1 1/2 cups sliced strawberries  
1/4 cup mini chocolate chips

## METHOD

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup or honey, and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

## RECIPE NAME

## Dark Chocolate Peanut Butter Energy Bites

**MAKES 16 PIECES**  
**SERVING SIZE 2-3 BITES**

**PREP TIME: 15 MINUTES**

**TOTAL TIME: 15 MINUTES**

## RECIPE OVERVIEW

These Dark Chocolate Peanut Butter Energy Bites are a deliciously healthy snack that tastes like a dessert!



## INGREDIENTS

16 dates, pitted  
1/2 cup peanut butter  
1/4 cup unsweetened cocoa powder  
1/2 tsp vanilla extract  
3-4 tbsp water  
1 cup rolled oats  
1/4 cup dark chocolate chips

## METHOD

1. Add the dates, peanut butter, cocoa powder, and the vanilla extract to your food processor.
2. Process the mixture on high speed until it's smooth with no large chunks, scraping down the sides to make sure everything is incorporated.
3. Continue processing on high speed, adding the water one tablespoon at a time until the mixture is soft.
4. Transfer the peanut butter mixture to a bowl and add the oats and the chocolate chips.
5. Stir everything together well with a wooden spoon or rubber spatula, and then roll the mixture into about 16 balls.
6. Place the balls in a parchment-lined container and store them in the refrigerator!



## RECIPE NAME

## Baked Blueberry & Banana-Nut Oatmeal Cups

MAKES 12 CUPS

PREP TIME: 15 MINUTES

TOTAL TIME: 50 MINUTES

SERVING SIZE 1 MUFFIN

## RECIPE OVERVIEW

These oatmeal cups are designed for a balanced grab-and-go snack but could also be eaten at breakfast. They are easy to make on the weekend and store in your fridge or freezer for the week.

\*Tip: To reheat, put cup into the microwave for about 40 seconds.



## INGREDIENTS

- 3 cups oats
- 1 1/2 cups milk
- 2 ripe bananas, mashed (about 3/4 cup)
- 1/3 cup packed brown sugar
- 2 large eggs, lightly beaten
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1 cup fresh blueberries
- 1/2 cup chopped pecans

## METHOD

1. Preheat oven to 375 degrees F. Coat a muffin tin with cooking spray.
2. Combine oats, milk, bananas, brown sugar, eggs, baking powder, cinnamon, vanilla, and salt in a large bowl.
3. Fold in blueberries and pecans.
4. Divide the mixture between the muffin cups (about 1/3 cup each). Bake until a toothpick inserted into the center comes out clean, about 25 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

## RECIPE NAME

## Quick and Easy Oatmeal Cookies

**MAKES 12 COOKIES**  
**SERVING SIZE 1 COOKIE**

**PREP TIME: 5 MINUTES**

**TOTAL TIME: 25 MINUTES**

## RECIPE OVERVIEW

These cookies only use a few ingredients - many that you already have in your pantry at home!



## INGREDIENTS

2 cups rolled oats  
2-3 large overripe bananas,  
peeled and mashed  
Raisins, optional  
Pinch of salt  
1/2 tsp ground cinnamon

## METHOD

1. Preheat the oven to 350 degrees F and line a baking tray with baking paper.
2. Place the oats into a food processor or high-speed blender and pulse for 10 seconds. The oats should not resemble a fine powder but still have some whole pieces. Transfer the oats to a large bowl.
3. Add the mashed banana and mix until well combined. Add the raisins, salt and cinnamon and stir through evenly.
4. Scoop out 1 heaped tablespoon of the mixture and roll into a ball. Place on the prepared baking tray and flatten into a cookie shape using the back of a spoon. Repeat with the remaining mixture.
5. Bake in the oven for 20 minutes or until golden brown. Remove from the oven and transfer the cookies to a wire tray to cool.

Once cooled, you can store cookies in an airtight container in the fridge for up to a week.

## RECIPE NAME

# Homemade KIND Bars

**MAKES 10 SERVINGS**  
**SERVING SIZE 1 BAR**

**PREP TIME: 5 MINS**

**TOTAL TIME: 10 MINUTES**

## RECIPE OVERVIEW

Now you can make your OWN dark chocolate and sea salt KIND bars at home. ZERO baking is required!



## INGREDIENTS

1 tsp coconut oil, melted & cooled  
(any oil could work for this)  
1/2 cup unsalted, roasted whole  
almonds  
1/2 cup roasted walnuts, chopped  
1/3 cup puffed rice  
1 tbsp flaxseed meal  
1/4 cup brown rice syrup  
2 tbsp honey  
1/2 tsp vanilla  
1/2 tsp sea salt  
1/2 cup dark chocolate chips

## METHOD

1. Line an 8 inch pan with aluminum foil leaving a couple of inches overhanging on each side.
2. Drizzle melted coconut oil in a large bowl, making sure to coat the bowl completely so its greasy, and mix together the nuts, puffed rice and flaxseed meal. Set aside.
3. In a small saucepan, combine brown rice syrup, honey, vanilla and sea salt and bring to a boil. Once the mixture starts boiling, continually whisk for 3-4 minutes, until mixture has thickened and its nice and sticky.
4. Pour syrup mixture immediately over nut mixture and stir to combine. Transfer into the lined pan and spread out evenly, making sure there are no gaps.
5. Allow mixture to cool for about 30 minutes then, using the overhanging foil, take the block out of the pan and place on a cutting board. Cut into 10 even bars and allow to cool completely before drizzling chocolate.
6. To make the chocolate drizzle, place the dark chocolate chips in a microwave safe bowl and microwave in 30 second intervals, stirring each time until the chocolate is melted.
7. Spoon the chocolate drizzle over the bars and let sit at room temperature until the chocolate has set.
8. Store bars in an airtight container for up to a week or freeze to save for later.

## RECIPE NAME

## S'mores Banana Bites

**MAKES 1-2 SERVINGS**  
**SERVING SIZE 3 BITES**

**PREP TIME: 20 MINUTES**

**TOTAL TIME: 1 HOUR 50 MINUTES**

## RECIPE OVERVIEW

This is a quick, easy and delicious snack.  
The recipe can also be easily doubled or tripled depending on how many servings you want.



## INGREDIENTS

1 banana  
1/4 cup marshmallow fluff  
1/4 cup graham crackers,  
crushed into crumbs  
1/2 cup bittersweet chocolate  
chips, melted

## METHOD

1. Slice banana into 12, 1/2" pieces.
2. Line a small baking sheet with parchment paper.
3. Assemble bites: Place 6 banana slices on baking sheet and top with a large dollop of Marshmallow Fluff and a sprinkle of graham cracker crumbs. Top with remaining bananas to make a sandwich. Stabilize with a toothpick if desired. Freeze until firm, about 1 hour.
4. Once sandwiches are frozen solid, dunk half in melted chocolate, and then into remaining graham cracker crumbs. Place back in freezer until fully set, 30 minutes more (or until ready to serve).

## RECIPE NAME

# No Bake Cookies

MAKES 8 COOKIES  
SERVING SIZE 1 COOKIE

PREP TIME: 8 MINUTES

TOTAL TIME: 8 MINUTES

## RECIPE OVERVIEW

These cookies are very easy to make and can be meal prepped and even used for breakfast if you are in a rush!



## INGREDIENTS

1 cup oats  
2/3 cup peanut butter  
1 1/2 tbsp honey  
2 tbsp coconut, shredded  
1/4 cup walnuts, chopped  
1 tbsp sunflower seeds  
2 tbsp chocolate, chopped  
1/2 tsp coconut oil

## METHOD

1. Mix the peanut butter with the honey in a bowl.
2. Add the walnuts, sunflower seeds, oats, and coconut and stir together until combined.
3. Take about 1 1/2 tbsp from this mixture and roll in your hands to form cookies.
4. Melt the chocolate and coconut oil and combine. You can do this by microwaving for 15-30 seconds and then consistently stirring.
5. Drizzle the chocolate over the cookies quickly in all directions.
6. Refrigerate the cookies for at least 1 hour and eat within 4-5 days. Store in the fridge.



## RECIPE NAME

## Cinnamon Yogurt Fruit Dip

MAKES 2-3 SERVINGS

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

## RECIPE OVERVIEW

This is a great snack that is naturally sweet but also flavored with vanilla and cinnamon. Bonus: it comes together in less than 5 minutes!



## INGREDIENTS

1 cup plain yogurt  
2 tbsp honey or maple syrup  
1/2 tsp cinnamon  
1/4 tsp vanilla  
Fruit, to serve

## METHOD

1. Mix all ingredients together. Taste, and adjust honey, vanilla, or cinnamon as desired.
2. Serve with your favorite fruit.

## RECIPE NAME

# Chocolate Blueberry Smoothie

MAKES 1 SERVING

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

## RECIPE OVERVIEW

Vegetarian, vegan, plant-based, dairy-free, gluten-free,  
and naturally sweet and satisfying!



## INGREDIENTS

- 1 ripe banana
- 1 cup frozen blueberries
- 1/2 cup almond milk (you can substitute dairy milk)
- 1 tbsp maple syrup
- 1 tbsp cocoa powder
- 1/2 tsp vanilla extract

## METHOD

1. Slice the banana into pieces. Add all the ingredients into a blender and blend on high until combined.
2. If desired, feel free to top the smoothie with some extra blueberries.

## RECIPE NAME

## Pineapple Sorbet

**MAKES APPROX. 4 CUPS**  
**SERVING SIZE 1 CUP**

**PREP TIME: 5 MINUTES**

**TOTAL TIME: 5 MIN +  
OVERNIGHT FREEZING TIME**

## RECIPE OVERVIEW

This is a healthy dessert option that is light & refreshing! It is also easy to make since pretty much all of the ingredients go straight into the blender!



## INGREDIENTS

1 ripe pineapple, roughly  
chopped  
1/2 cup coconut water  
1 tsp fresh ginger, grated  
Lime juice, to taste  
Toasted coconut, to serve

## METHOD

1. Place the pineapple, coconut water, ginger, and lime juice in a high-powered blender and blend until smooth. Pour the mixture into an airtight container and freeze for 1-2 hours.
2. Remove the pineapple sorbet from the freezer and pour back into the blender and blend until smooth. Spoon the sorbet back into the airtight container and freeze overnight.
3. To serve, place the sorbet into glasses and garnish with the toasted coconut.

## RECIPE NAME

## Nut Butter Cups

**MAKES 12 CUPS**  
**SERVING SIZE 1 CUP**

**PREP TIME: 20 MINUTES**

**TOTAL TIME: 1 HR 20 MIN.**

## RECIPE OVERVIEW

Make your own nut butter cups at home for a creative snack. On the plus side, you can also use any nut butter you prefer.



## INGREDIENTS

1 cup almonds  
1 cup pitted dates  
1 cup creamy nut butter (peanut, cashew, almond, etc)  
1/2 cup baking cocoa  
1/4 cup coconut oil, melted  
2 tsp honey  
Chopped almonds, optional for topping

## METHOD

1. Pulse almonds and dates in a food processor until mixture starts to hold together when pressed.
2. Spoon nut mixture into 12 paper-lined muffins cups; press into bottom.
3. Gently spread nut butter over nut mixture.
4. In a small bowl, whisk together cocoa, coconut oil, and honey; pour over nut butter. If desired, top with chopped almonds.
5. Refrigerate, covered, until chocolate is set, about 1 hour.

## RECIPE NAME

## Peanut Butter Granola Pinwheels

MAKES 16 PINWHEELS  
SERVING SIZE 2 PIECES

PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

## RECIPE OVERVIEW

This is a very tasty, but easy snack to prepare especially on your way out the door. It is also filling to hold you over until the next meal.



## INGREDIENTS

4 tbsp creamy peanut butter  
2 flour tortillas  
2 tsp honey  
1/2 granola without raisins

## METHOD

1. Spread peanut butter over each tortilla; drizzle with honey and sprinkle with granola. Roll up; cut each roll into 8 slices.



## RECIPE NAME

# Homemade Fruit Roll Ups

MAKES 9 ROLL UPS

PREP TIME: 30 MINUTES

TOTAL TIME: 8.5 HOURS

SERVING SIZE 1 ROLL UP

## RECIPE OVERVIEW

Who doesn't love a fruit roll up? This recipe allows you to make your own at home and use whatever fruit your taste buds desire.



## INGREDIENTS

2.5-3 cups ripe or slightly over-ripe diced fruit  
Sweetener to taste: honey, sugar, agave, etc.  
2 tsp fresh lemon juice

## METHOD

1. Preheat oven to lowest temperature (140 degrees F or higher).
2. Puree all ingredients in a food processor until smooth.
3. Pour onto a baking sheet lined with plastic wrap, or a silicone baking mat and spread to 1/8" thick. Don't use foil, parchment, or waxed paper.
4. Place in the oven and bake for 6-8 hours until the center is not tacky anymore.
5. Remove from the oven and peel off of baking sheet. Cut into 1" strips and roll in parchment or plastic. Store in an airtight container or freeze.

## RECIPE NAME

## Chocolate Covered Strawberry Trail Mix

MAKES 4-5 CUPS  
SERVING SIZE 1/2 CUP

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

## RECIPE OVERVIEW

This is a great sweet snack to be able to take on the run. You can also customize the flavorings to fit your preferences.



## INGREDIENTS

3/4 cup almonds, raw or roasted  
3/4 cup cashews, raw or roasted  
3/4 cup sunflower seeds  
1 cup freeze-dried strawberries  
2/3 cup dark chocolate chunks

- You can substitute any nuts based on personal preferences or what you have on hand

## METHOD

1. Mix all ingredients in a bowl. It's that easy!

Store in a glass jar or ziploc bag. Will keep for up to one month.

## RECIPE NAME

## Roasted Mixed Nuts

MAKES 6 CUPS  
SERVING SIZE 1/4 CUP

PREP TIME: 5 MINUTES

TOTAL TIME: 15 MINUTES

## RECIPE OVERVIEW

This recipe is a great way to mix up flavor and add your own herbs and spices to your taste! Nuts contain a lot of healthy fats as well as protein which makes them a great snack.



## INGREDIENTS

6 cups plain mixed nuts  
1/3 cup extra-virgin olive oil  
3 tbsp fresh rosemary  
2 tbsp fresh oregano  
2 tbsp fresh thyme  
1 tbsp smoked paprika  
1 tsp cayenne pepper  
2 tsp garlic  
Sea salt

\*If using dried herbs instead of fresh, you will want to use 1/3 of the amount called for.

## METHOD

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a large bowl, toss the nuts to combine. In a medium bowl, whisk the olive oil with the herbs and spices. Pour the seasoned oil over the nuts and toss well to combine.
3. Pour the nuts into an even layer on the prepared baking sheet and then sprinkle evenly with sea salt.
4. Bake until the nuts smell toast, 10-12 minutes. Cool completely and store in an airtight container until ready to serve. They will keep for up to three weeks.

## RECIPE NAME

## Extra Easy Hummus

MAKES 4 SERVINGS

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

## RECIPE OVERVIEW

Can't find Tahini at the grocery store or don't have it on hand? This is a Tahini-free hummus that only takes minutes.

\*Tip: Pair with your favorite vegetables



## INGREDIENTS

1 15 oz. can garbanzo beans,  
drained, liquid reserved  
1 clove garlic, crushed  
2 tsp ground cumin  
1/2 tsp salt  
1 tbsp olive oil

## METHOD

1. In a blender or food processor, combine garbanzo beans, garlic, cumin, salt, and olive oil.
2. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved.

## RECIPE NAME

## Roasted Chickpeas

**MAKES 4 SERVINGS**  
**SERVING SIZE 1/4 CUP**

**PREP TIME: 5 MINUTES**

**TOTAL TIME: 35 MINUTES**

## RECIPE OVERVIEW

Try this satisfying snack instead of nuts! Chickpeas are also packed with fiber which helps with GI tract health and lowering cholesterol.



## INGREDIENTS

1 15 oz can of chickpeas, rinsed  
1/4 tsp sea salt  
Nonstick cooking spray

## METHOD

1. Preheat oven to 425 degrees F.
2. Pat chickpeas dry with paper towels and place on a large rimmed baking sheet.
3. Coat with cooking spray and sprinkle with salt. Bake until crunchy, 30-45 minutes.



## RECIPE NAME

## Baked Broccoli Tots

MAKES 20 TOTS

PREP TIME: 15 MINUTES

TOTAL TIME: 35 MINUTES

SERVING SIZE 5 TOTS

## RECIPE OVERVIEW

These crispy baked broccoli tots are loaded with nutrients but are easy to make and enjoy!



## INGREDIENTS

2 cups or 12 ounces uncooked or frozen broccoli  
1 large egg  
1/4 cup diced yellow onion  
1/3 cup cheddar cheese  
1/3 cup panko breadcrumbs  
1/3 cup Italian breadcrumbs  
2 tbsp parsley (can substitute cilantro or rosemary also)  
1/2 tsp salt  
1/2 tsp pepper

## METHOD

1. Preheat the oven to 400 degrees F. Grease a baking sheet with a thin layer of olive oil or line with parchment paper and set aside.
2. Blanch the broccoli in boiling water for 1 minute then remove and shock with cold tap water to stop the cooking process. Drain well.
3. Chop broccoli finely and mix thoroughly with the egg, onions, cheddar cheese, breadcrumbs, and seasoning. Scoop about 1.5 tablespoons of mix using an ice-cream scoop or your hands and gently press between your hands into a firm ball then shape into a tator-tot shape. It helps to wash your hands after every few tots to keep them from sticking to your hands. Next, place on your prepared baking sheet.
4. Bake until golden brown and crispy, about 18-24 minutes, turning half way. Remove from the oven and enjoy hot with ketchup, siracha, or other favorite dipping sauce.

## RECIPE NAME

# Texas Caviar

MAKES 16 SERVINGS

PREP TIME: 15 MINUTES

TOTAL TIME: 1 HR 15 MIN

## RECIPE OVERVIEW

This is a great snack to pair with tortilla chips or pita bread! It is a great mixture of beans and veggies to help create a balanced snack.



## INGREDIENTS

- 1/2 onion, chopped
- 1 green bell pepper, chopped
- 1 bunch green onions, chopped
- 2 jalapeno peppers, chopped
- 1 tbsp minced garlic
- 1 pint cherry tomatoes, quartered
- 1 bottle zesty Italian dressing
- 1 15 oz can black beans, drained
- 1 15 oz can black-eyed peas, drained
- 1/2 tsp ground coriander
- 1 bunch chopped fresh cilantro

## METHOD

1. In a large bowl, mix together onion, green bell pepper, green onions, jalapeno peppers, garlic, cherry tomatoes, zesty Italian dressing, black beans, black-eyed peas, and coriander.
2. Cover and chill in the refrigerator approximately 2 hours. Toss with desired amount of fresh cilantro to serve.

## RECIPE NAME

# Turkey Roll Ups

**MAKES 6 SERVINGS**  
**SERVING SIZE 1 ROLL UP**

**PREP TIME: 10 MINUTES**

**TOTAL TIME: 10 MINUTES**

## RECIPE OVERVIEW

This is a great protein-packed lunch or snack that can be prepped in a flash!



## INGREDIENTS

6 roasted chicken or turkey meat slices  
Handful of sprouts, spinach, or other greens of your choice  
1 ripe avocado, cut into wedges  
3 hard-boiled eggs, peeled & cut into quarters  
3 tbsp honey mustard (can substitute for another mustard or sauce)

## METHOD

1. Lay a slice of meat flat on a counter top or cutting board.
2. Add sprouts (or other green), avocado, and egg on top of meat.
3. Drizzle with a bit of honey mustard and then roll up!
4. Repeat with the other slices.

## RECIPE NAME

## Chickpea Salad Sandwich

MAKES 2 SANDWICHES

PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

SERVING SIZE 1 SANDWICH

## RECIPE OVERVIEW

This is a healthy, easy lunch or snack! It is also made from chickpeas so it is suitable for those following a vegetarian or vegan diet.



## INGREDIENTS

15 ounce can of chickpeas  
1 rib celery  
3 green onions  
1-2 tbsp mayonnaise (can substitute vegan mayo if desired)  
1 tbsp lemon juice  
1 tsp celery seed  
Salt & Pepper  
4 slices of bread  
Lettuce, spring mix, sprouts, hummus optional as toppings

## METHOD

1. Thinly slice the celery and green onions.
2. Drain and rinse the chickpeas. In a medium bowl, smash the chickpeas with a fork.
3. Combine the chickpeas with the chopped celery and green onions, mayonnaise, lemon juice, and celery seed. Add about 1/4 to 1/2 tsp salt and pepper depending on your taste preferences. If the salad is dry, you can add more mayonnaise.
4. Assemble the chickpea salad sandwich: If desired, spread the bread with hummus and top with lettuce or greens and the chickpea spread.

## RECIPE NAME

# The Ultimate Veggie Toast

MAKES 1 SERVING

PREP TIME: 5 MINUTES

TOTAL TIME: 7 MINUTES

## RECIPE OVERVIEW

This is a quick, easy but also tasty way to get more vegetables in your diet!



## INGREDIENTS

2 pieces baguette, toasted (you can substitute for any bread though)  
1/3 cup hummus  
1/2 avocado, thinly sliced  
4 tomato slices  
1 cup kale (or other green like spinach)  
3 tbsp shredded carrots  
2 tbsp thinly sliced shallots  
2 tsp olive oil  
1 tsp red wine vinegar  
Salt (optional)  
2 tbsp sprouts

## METHOD

1. Spread hummus on toasted bread and pile with avocado and tomatoes. (sprinkle with salt, optional)
2. In a small bowl, toss the kale, carrots, and shallots with 2 tsp olive oil and 1 tsp red wine vinegar. Season to taste with salt.
3. Pile the kale mixture on top of the tomato and add sprouts to the very top.



## RECIPE NAME

## Almond Snack Mix

**MAKES 4 SERVINGS**  
**SERVING SIZE 1/2 CUP**

**PREP TIME: 5 MINUTES**

**TOTAL TIME: 15 MINUTES**

## RECIPE OVERVIEW

This is a sweet & crunchy snack that has plenty of fiber and healthy fat. It is a great grab-and-go snack on your way out the door.



## INGREDIENTS

1/3 cup whole, unsalted almonds  
2/3 cup whole-grain cereal squares  
1/2 cup granola  
1/4 cup dried apricots or golden raisins  
1/4 cup dried cranberries

## METHOD

1. Preheat the oven to 350 degrees F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
2. Meanwhile, in a large bowl, stir together remaining ingredients. Stir in the cooled almonds.

## RECIPE NAME

# Nacho Popcorn

**MAKES 10 SERVINGS**  
**SERVING SIZE 1 CUP**

**PREP TIME: 10 MINUTES**

**TOTAL TIME: 10 MINUTES**

## RECIPE OVERVIEW

Try this recipe for an alternative to traditional popcorn. Popcorn is a whole grain which makes it a great snack!



## INGREDIENTS

10 cups popped popcorn  
1/4 cup butter, melted  
1 tbsp grated Parmesan cheese  
1 tbsp dried parsley flakes  
1/2 tsp garlic salt  
1/2 tsp chili powder  
Optional, drops of hot pepper sauce

## METHOD

1. Place popcorn in a large bowl. Combine remaining ingredients; drizzle over popcorn and toss until well coated.

## RECIPE NAME

## Creamy Avocado Dip

MAKES 4 SERVINGS

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

## RECIPE OVERVIEW

This is a great alternative to regular guacamole. It is packed with protein and healthy fats.



## INGREDIENTS

2 ripe avocados  
1/2 cup plain Greek yogurt  
2 cloves garlic, minced  
Juice of 1 lime  
Kosher salt  
Freshly ground black pepper  
Pita or tortilla chips and  
vegetable sticks for serving

## METHOD

1. In a medium bowl, mash avocados with a fork.
2. Stir in yogurt, garlic, and lime juice and season generously with salt and pepper.
3. Serve with chips and/or vegetables.

# RECIPES TAKEN FROM:

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