HEALTHY SNACKS

USU DIETETICS
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Introduction

We’ve all been there—sitting in class, midway through a work shift, or at the library when all of a sudden, hunger strikes. Few things are worse than being stranded without food. In this cookbook, we will be sharing simple, delicious, and nutritious snack options that will help satisfy those midday (or mid-morning, evening, late night, and whenever) cravings.

Not only is snacking enjoyable, it is also important. It is recommended to eat every 3-4 hours for an efficient metabolism—in other words, eating throughout the day teaches the body to burn food as fuel and keeps you energized. A good snack consists of protein for satiety, and carbohydrates to give your body and brain the energy they need. Each of the recipes in this cookbook are based around this concept for maximum fuel to get you through the day.

You will notice that many of the recipes contain substitutions or ideas for additions. Feel free to get creative and make them your own! Try new things and find what snacks satisfy you the most. Also found in this cookbook are tips on how to save money, ideas for snacks on-the-go, and protein and carbohydrate ideas to create your own healthful snack when you need some fresh inspiration.

Gone are the days of being left high and dry when hunger hits. Let’s get snacking!

Ways to Save Money

Common phrases associated with college students include “poor college student” and “starving college student.” With having to pay for college, housing, food, gas, and fun, sometimes your budget is stretched thin. You are not alone in this. As current college students, we understand! We wanted to share some tricks to extend your grocery money and kick the title of “starving college student” to the curb.

The first piece of advice is to buy in bulk. You may be thinking, “Well, if I buy a smaller amount it’ll cost less!” It may appear that way at first, but when purchasing a larger quantity, it will last much longer and actually saves money. However, to get the most out of buying in bulk, only buy in bulk the items you eat frequently, and for those items you eat on occasion, buy only what you need.

The second piece of advice is regarding produce. When buying fresh produce only buy what you will consume. Keep in mind that fresh produce is only good for a week to a week and a half when stored correctly, so buy based on how much you think you will eat in that amount of time. However, remember that frozen and canned produce is just as nutritious as fresh, in addition to being cheaper and having a longer shelf-life.

So when deciding what snacks to make, keep these tips in mind to preserve your grocery budget and and keep you fed.
Snacks on the Run

As a college student, it is easy to find yourself crunched for time and in need of a grab-and-go snack. Many household staples can quickly turn into a satisfying snack. As mentioned in the introduction, when making a snack always pair a protein with a carbohydrate. Below is a list of some protein and carbohydrate foods—mix and match your favorites to find your go-to snacks that’ll come together in a pinch. Here is a list of snack ideas to get you started.

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<td>Cheese: slices and string cheese</td>
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<td>Lunch Meat</td>
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<td>Beef Jerky</td>
<td>Fruit: fresh, frozen, or cups</td>
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<td>Tuna</td>
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Snack Ideas:

- Apple slices with peanut butter or nut butter
- Fruit with peanut butter greek yogurt dip (see page 21)
- Vegetable sticks with creamy avocado or curried yogurt dip (see page 22 & 23)
- Yogurt parfait (see page 9)
- Trail Mix (see pages 7 & 8)
- Hummus with veggie sticks or pita chips (see page 12)
- Tuna fish with crackers
- Lunch meat with crackers
- Cottage cheese with fruit
SWEET SNACKS
Peanut Butter Friend Trail Mix

Trail mix is an easy way to always have a yummy snack on hand! Make it your own, use ingredients and snacks you love. See the chart on the next page to create your own masterpiece.

Yield: approximately 6 1/2 cups
Serving size: 1/2 cup

Ingredients

- 1 1/2 cup almonds
- 1 1/2 cup peanuts
- 2 cup banana chips
- 3/4 cup dark chocolate chips
- 3/4 cup peanut butter chips

Directions

- Combine all ingredients in an airtight container or ziplock bag
Create your own Trail Mix

Some tips for trail mix success is to buy nuts in bulk, it's a great way to save money. If you store nuts in the cupboard they will stay good for up to six months. If they are stored in the freezer they will stay fresh up to a year!

1. Nuts: i.e. Almonds, Peanuts, Pecans, Cashews, Pistachios, Walnuts, Brazil Nuts, Macadamia, Chestnut, Hazelnuts, Pine Nuts
2. Seeds: i.e. Sunflower, Pumpkin, Flax, Sesame seeds
3. Dried Fruit: i.e. Banana Chips, Cranberries, Cherries, Strawberries, Raisins, Apricots, Pineapples
4. Grains: i.e. Pretzels, Popcorn, Dry Cereal, Granola
5. Sweets: i.e. Chocolate Chips, Butterscotch Chips, White Chocolate Chips, Marshmallows, M&Ms
Homemade Granola

There are many ways to enjoy granola, such as eating it plain, combining it with yogurt, or eating it as cereal. Granola is a good source of carbohydrates, so pairing it with milk or Greek yogurt creates a scrumptious snack.

Yield: approximately 4 cups
Serving size: 1/2 cup

Ingredients

- 1/2 cup brown sugar
- 1/2 cup honey
- 1/4 cup canola oil (or any oil you prefer)
- 4 cups old fashioned oats
- 1/2 tsp. cinnamon
- 1/4 tsp. salt

Directions

• Preheat oven to 250°F
• Combine brown sugar, honey, and oil in small saucepan over medium heat. Cook, stirring often until sugar is dissolved.
• Pour brown sugar mixture over oats and add cinnamon and salt. Stir until oats are evenly coated.
• Spray cookie sheet with nonstick spray, Spread granola mixture evenly over pan and press mixture down.
• Place in oven and bake for 1 hour stirring every 15-20 minutes.
• Remove from oven, let cool completely before breaking into desirable sized pieces.
• Good for 3-4 weeks in an airtight container or freeze for up to 3 months. If frozen let granola thaw on counter overnight.

Try mixing in:

- Dried Fruit: cherries, cranberries, apricots, pineapple, raisins
- Nuts and Seeds: almonds, pumpkin seeds, peanuts, sunflower seeds
- Sweet treats: chocolate chips, butterscotch chips, bits of candy bars
Dark Chocolate Cherry Granola Bars

After one bite of these delicacies you’ll never go back to a generic granola bar again. Try different mix-in combos (see next page) to figure out your favorites. If you are unable to eat all the bars within a week, put part of them in the freezer and pull them out as needed.

Yield: 12 bars
Serving size: 1 bar

Ingredients

- 2 1/2 cup old fashioned rolled oats
- 1/2 cup almonds, chopped
- 1/3 cup honey
- 1/4 cup butter, cut into pieces
- 1/4 cup brown sugar
- 1/2 tsp. vanilla extract
- 1/4 tsp. salt
- 1/2 cup dried cherries, chopped
- 1/4 cup dark chocolate chips, chopped

Directions

- Preheat oven to 350°F. Line bottom and sides of 8-inch or 9-inch square pan with aluminum foil. Spray with nonstick spray.
- Add oats and almonds to baking sheet. Bake for 5 minutes. Stir and bake another 3-5 minutes until lightly toasted. Transfer to large bowl.
- Combine butter, honey, brown sugar, vanilla extract and salt in small saucepan over medium heat. Cook, stirring occasionally until butter melts and sugar is completely dissolves.
- Pour butter mixture into bowl with toasted oats and almonds. Mix well. Let cool for about 5 minutes. Add cherries and 1/4 cup of dark chocolate chips. Stir well.
- Transfer oat mixture to lined pan. Use a rubber spatula or damp fingertips to firmly press the mixture into pan. (Press hard here, this way bars will stay together once cooled- press for about one minute)
- If desired, top with more chocolate chips use a rubber spatula to gently press them into the top. Cover and refrigerate at least 2 hours. Remove block of granola mixture from pan, peel away aluminum foil, and cut into bars.
- Store in airtight container for up to one week. For the softest bars, keep at room temperature. For slightly harder bars, store in fridge.
Create your own Granola Bar

There are many ways to enjoy granola, such as eating it plain, combining it with yogurt, or eating it as cereal. Granola is a good source of carbohydrates, so pairing it with milk or Greek yogurt creates a scrumptious snack.

Base Ingredients
- 2 1/2 cups old fashioned rolled oats
- 1/3 cup honey
- 1/4 cup butter, cut into pieces
- 1/4 cup packed brown sugar
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 1/4 cups total of mix-ins

Directions
- Preheat oven to 350°F. Line bottom and sides of 8-inch or 9-inch square pan with aluminum foil. Spray with nonstick spray.
- Add oats and almonds to baking sheet. Bake for 5 minutes. Stir and bake another 3-5 minutes until lightly toasted. Transfer to large bowl.
- Combine butter, honey, brown sugar, vanilla extract and salt in small saucepan over medium heat. Cook, stirring occasionally until butter melts and sugar is completely dissolved.
- Pour butter mixture into bowl with toasted oats and almonds. Mix well. Let cool for about 5 minutes. Add cherries and 1/4 cup of dark chocolate chips. Stir well.
- Transfer oat mixture to lined pan. Use a rubber spatula or damp fingertips to firmly press the mixture into pan. (Press hard here, this way bars will stay together once cooled- press for about one minute)
- If desired, top with more chocolate chips use a rubber spatula to gently press them into the top. Cover and refrigerate at least 2 hours. Remove block of granola mixture from pan, peel away aluminum foil, and cut into bars.
- Store in airtight container for up to one week. For the softest bars, keep at room temperature. For slightly harder bars, store in fridge.

Try mixing in:
- **Nuts/Seeds:** peanuts, pecans, cashews, pistachios, sunflower seeds, pumpkin seed
- **Dried Fruit:** cranberries, strawberries, apricot, pineapple, raisins
- **Sweets:** Chocolate, butterscotch, peanut butter, yogurt chips, marshmallows, shredded coconut

-2 1/2 cups old fashioned rolled oats
- 1/3 cup honey
- 1/4 cup butter, cut into pieces
- 1/4 cup packed brown sugar
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 1/4 cups total of mix-ins
Mango, Peach and Strawberry Smoothie

Making this delicious snack is smooth sailing. This recipe calls for fresh and frozen fruit, so use whichever you have on hand. If using all fresh fruit, add some ice cubes to thicken up your smoothie. For added protein, replace part of the juice with Greek yogurt or add some peanut butter Try different combinations to create your own masterpiece.

Yield: 3 cups
Serving size: 1 cup

**Ingredients**

- 1 1/2 cup mango
- 1 1/2 cup frozen strawberries
- 1 cup peach slices
- 1 banana
- 2 cups pineapple juice

**Directions**

- Place all ingredients in blender
- Blend until smooth

**Create your own**

Use this equation as your guide: 1/2 fruit/veggie to 1/2 Liquid/creamy

1. **Fruit and Veggie Ideas:**
   - Pineapple, strawberries, peaches, raspberries, spinach, blueberries, carrots, pears

2. **Creamy Ideas:**
   - Yogurt, avocado, peanut butter

3. **Liquid Ideas:**
   - Milk, juice, water, almond milk

4. **Additional Fun:**
   - Chia seeds, flax seeds, nuts
Energy Bites

Energy bites are delicious mouthfuls of joy. This recipe is quick to make and holds well for an easy-to-grab snack. Allow bites to set up in the refrigerator for approximately 30 minutes after rolling into balls, as this aids in making them less sticky. Play with the mix-ins and come up with your favorite combinations.

Yield: approximately 18-1" bites
Serving size: 2 bites

Ingredients

- 3/4 cup peanut butter
- 1 3/4 cup old-fashioned or quick-cooking oats
- 1/3 cup honey
- 1/2 cup mix-ins

Directions

- Combine all ingredients in a bowl
- Roll into balls
- Place in fridge to allow bites to firm (about 30 minutes)
- Store in the refrigerator and enjoy!

Try these fun flavors!

- **Blueberry Muffin**: Dried blueberries and cinnamon
- **Sweet and Salty**: crushed pretzels and roasted almonds
- **Oatmeal Raisin**: raisins, pecans, toasted coconut and cinnamon
- **Double Chocolate**: Cocoa powder and mini chocolate chips
- **Monster Cookie**: Peanuts, mini m&m's, mini chocolate chips
- **White Chocolate Cranberry**: Dried cranberries and white chocolate chips
- **Almond Joy**: Coconut flakes, mini chocolate chips and chopped roasted almonds

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Frozen Yogurt Bites

These refreshing creamy frozen bites couldn’t be easier. Perfect for a refreshing snack and an ideal treat for a hot summer day. Trial different flavors of Greek yogurt and fruit combinations to mix things up.

Yield: 6 servings
Serving size: 2 bites

Ingredients

- 6 oz Vanilla, Greek yogurt
- 1 Cup strawberries, diced
- 1 Cup Blueberries

Directions

• Dice strawberries
• Divide blueberries and strawberries evenly into ice trays
• Top with yogurt
• Once cubes are covered in yogurt, tap tray on counter to allow the yogurt to go in between the fruit
• Freeze for 2-3 hours. Once completely frozen, pop bites out of the ice tray and store in a container in the freezer

Yield: 6 servings
Serving size: 2 bites
To-Go Baked Oatmeal

Need a snack on the run that has protein and carbohydrates packaged into one? These are a great option to make in advance and have on hand. Store either in the fridge for a week or keep them in the freezer and grab as needed. Heads up--these muffins will remain quite moist even when fully cooked.

Yield: approximately 16 muffins
Serving size: 2 muffins

Ingredients

- 2 large eggs
- ¼ cup canola oil or (whatever oil you prefer)
- 1 cup brown sugar
- ½ cup applesauce
- 1 1/2 cups milk
- 2 tsp. vanilla extract
- ½ tsp. salt
- 1 Tbsp. ground cinnamon
- 2 tsp. baking powder
- Preferred oatmeal toppings: i.e. raspberries, strawberries, nuts, chocolate chips (2 teaspoons per oatmeal cup)

Directions

- Preheat oven to 350°F. Line muffin tins with paper or paper/foil muffin liners (these are a must for this recipe).
- In large bowl, whisk eggs, oil, and brown sugar until sugar is dissolved. Add the applesauce, milk, vanilla, salt, and cinnamon. Whisk until well combined. Stir in the oats and baking powder.
- Fill the muffin tin with 1/4 cup of oat mixture in each muffin tin. Add your favorite toppings. Push the topping down into oat mixture with a spoon.
- Bake for 30 minutes. Let them cool for 5 minutes before eating. Store in an airtight container in the fridge or freeze in an airtight storage bag.
Blueberry Oatmeal Bars

These incredibly easy bars make a delicious snack anytime— you can even grab one for breakfast or dessert! Feel free to substitute the blueberries with your favorite berries. Frozen berries will work just as well as fresh in this recipe.

Yield: 12 bars
Serving size: 1 bar

Ingredients

- 2 cups oats
- 2/3 cup oat flour
- 1/3 cup brown sugar, packed
- 1/3 cup milk
- 2 eggs
- 1/4 cup butter or oil
- 1/4 cup peanut butter (or another nut butter)
- 1 tsp. cinnamon
- 1 tsp. vanilla
- Zest from one small orange
- 1/2 tsp. salt
- 1 cup blueberries (or other berries)

Directions

- Preheat oven to 350°F.
- In a bowl, combine all ingredients (except blueberries) until a batter forms.
- Gently fold in blueberries.
- Pour batter into a greased 8x8 dish. Bake for 20-25 minutes.
Easy Chocolate Bark

This sweet and salty combo makes a great snack or treat. Plus, you get some protein from the nuts and seeds. There are so many options with this snack—try the variations below or invent your own!

Yield: 25 pieces
Serving size: 3 pieces

Ingredients

- 12 ounces chocolate chips or chopped chocolate
- 3/4 cup nuts or seeds
- 1/4 cup dried cranberries or other dried fruit, chopped if large
- 1/2 tsp. flaky sea salt, optional

Directions

- Melt chocolate in microwave-safe bowl in 30-second increments, stirring after each one. Chocolate is done when it’s about 90% melted—keep stirring off the heat and pieces should dissolve.
- Cover a large baking sheet with parchment paper. Use a silicone or rubber spatula to spread chocolate evenly over center of baking sheet—aim for about 1/4” thickness (it won’t reach the edges).
- Sprinkle nuts evenly over chocolate, followed by dried fruit. If adding salt, sprinkle over the chocolate. Lightly use your palms to press toppings into chocolate.
- If you’re in a hurry, place pan on a flat surface in refrigerator to harden for about 15 minutes. Otherwise, let chocolate cool at room temperature for 2 to 4 hours, until completely hardened.
- Once the chocolate is completely hardened, use hands to break it into about 25 pieces. Serve immediately, or cover and store at room temperature for up to 1 week.

Mix it up with these fun flavors!

- Nuts: Almonds, pecans, walnuts, hazelnuts, pistachios, macadamias, cashews
- Seeds: Sunflower seeds, pepitas (pumpkin seeds), chia seeds
- Dried Fruit: Raisins, cranberries, cherries, apricots, candied ginger, pineapple
- Candied citrus: Orange or lemon
- Coconut: Dried unsweetened coconut flakes, shredded coconut
- Candy Canes
- Pretzels
- White Chocolate: Melt a small amount of white chocolate and drizzle over melted dark chocolate, swirl gently with a toothpick, top as desired.
Healthy Cookie Dough

This eggless cookie dough is a perfect sweet treat when that craving hits. Roll it up into balls and freeze for a grab-and-go option, or simply eat with a spoon. Oat flour provides added fiber to keep you fuller longer. Pair cookie dough with a glass of milk for the perfect protein-carb combo that doubles as dessert.

Yield: 10-20 bites
Serving size: 2 bites

Ingredients

- 1 2/3 cups + 1 teaspoon oat flour (or whole wheat flour)
- 3 Tbsp. maple syrup
- 3 Tbsp. oil
- 1 1/2 tsp. vanilla extract
- 1/3 cup chocolate chips (mini or regular)

Directions

- Add oat flour, maple syrup, oil and vanilla to a medium bowl, stir until thickened and well incorporated.
- Fold in 1/3 cup chocolate chips.
- Using a cookie scoop or small spoon, scoop and drop balls of dough onto prepared baking sheet. Using your hands, shape into spheres, or keep as is if you like the shape.
- Allow to firm up for about 5 minutes and enjoy!
- Store for 1-2 weeks in refrigerator. After about day 2, cookie dough may dry out a little. To soften, heat in microwave in 10 second increments until warm.

Make your own Oat Flour!

- To make your own oat flour, simply grind regular rolled oats in a food processor or high speed blender. One cup of oats yields slightly less than one cup of oat flour, so make a big batch of flour and then store for future use. Or, for single use, be sure to grind one tablespoon more of regular oats than the amount of oat flour needed for a recipe.
Choco-Nut Frozen Banana Bites

What better combination is there than chocolate and peanut butter? The bite-sized snacks are a yummy treat that provide protein from the nut butter, carbs from the banana, and chocolate because chocolate instantly makes anything better.

Yield: approximately 18 pieces
Serving size: 2 pieces

Ingredients

- 3 large bananas
- 1/3 cup nut butter of choice
- 1/2 cup melted chocolate of choice

Directions

- Slice bananas into slices about 1/4-1/2 inch thick.
- Spread a little nut butter onto a slice and sandwich two slices together.
- Place on wax paper on a cookie sheet and freeze until solid, at least an hour.
- Melt chocolate in microwave or double boiler and remove frozen banana bites from freezer.
- Dip each banana bite in chocolate and place back on wax paper. Freeze for another hour.
- Transfer and keep in an airtight container in the freezer for up to 2 weeks
Three Ingredient Chocolate Ice Cream

This creamy, frozen treat is super easy, filling, and delicious. Have your dessert and benefit from all the nutrients, too! Made with just bananas, cocoa, and peanut butter, you won’t believe how much this resembles ice cream.

Yield: 1 serving

Ingredients

- 2 chopped frozen bananas
- 2 tablespoons peanut butter
- 1 tablespoon cocoa powder

Directions

- Chop and freeze at least 2 bananas. They will need to be frozen for this to work.
- Once frozen, place chopped bananas into food processor (or a powerful blender), and blend until smooth. You may have to blend and open your processor a few times to stir. Feel free to add a little water or milk to help the bananas blend faster, but as they melt a little they will eventually blend without adding anything.
- Add peanut butter and cocoa powder, mix well.
- Serve and eat immediately.
Banana Chocolate Chip Muffins

These slightly sweet banana muffins are packed with whole grains and chocolate chips in every bite! Spread muffins with nut butter or pair with yogurt and you’ve got a delicious, balanced snack or breakfast.

Yield: 12 muffins
Serving size: 2 muffins

Ingredients

- 1 1/2 cups whole wheat pastry flour
- 1 tsp. baking soda
- 1/4 tsp. salt
- 3 bananas (ripe or over-ripe work great)
- 1/4 cup honey
- 1 Tbsp. vanilla
- 1 Tbsp. olive or melted coconut oil
- 1 egg
- 1/2 cup nonfat plain Greek yogurt
- 1 Tbsp. unsweetened almond milk
- 1/2 cup chocolate chips

Directions

• Preheat oven to 350°F. Spray 12 cup muffin tin with nonstick cooking spray.
• In a medium bowl, whisk together flour, baking soda and salt.
• Add bananas, honey, vanilla, oil, egg, milk and yogurt to a blender. Blend on high for 1 minute or until smooth and creamy.
• Add wet ingredients to dry ingredients and mix until just combined. Gently fold in chocolate chips.
• Divide batter evenly into muffin tin and sprinkle each muffin with a few more chocolate chips.
• Bake for 20-25 minutes or until toothpick comes out clean or with just a few crumbs attached. Cool muffins for 5 minutes then remove and transfer to a wire rack to finish cooling. Muffins are best served warm and even better the next day. Makes 12 muffins.
• These muffins freeze well. Place in an airtight container or bag and store up to 3 months.
Chia Pudding

Chia seeds may be tiny, but they pack a huge nutritional punch—a great source of fiber, protein, and healthy fats, chia seeds are a great way to add more nutrients to your diet. This chia pudding is a great base recipe that pairs well with your favorite fruit and other toppings. Try the variations for more flavor combinations!

Yield: 4 servings  
Serving size: 1 cup

Ingredients

- 1 1/2 cups milk  
- 1/2 cup chia seeds  
- 1-2 Tbsp. maple syrup  
- 1 tsp. vanilla

Directions

- In a mixing bowl add milk, chia seeds, maple syrup (to taste), and vanilla. Whisk to combine.  
- Cover and refrigerate overnight (or at least 6 hours). Pudding should be thick and creamy. If not, add more chia seeds, stir, and refrigerate for another hour or so.  
- Enjoy as is, or layer with compote or fresh fruit! Will keep covered in the refrigerator up to 5 days.

Mix it up with these combos!

- **Pina Colada**: Use coconut milk, top with pineapple and shredded coconut  
- **Chocolate Peanut Butter**: Add 1 Tbsp. cocoa powder and 2 Tbsp. peanut butter  
- **Apple Cinnamon**: Add 2 Tbsp. apple butter and a pinch of cinnamon  
- **Lemon Raspberry**: Add zest and juice of 1/2 lemon and 1 cup raspberries
SAVORY SNACKS
Rainbow Veggie Pinwheels

*These wraps are a work of art with every color of the rainbow. Cut this wrap in half or cut it into smaller pinwheels to share with others. Be creative and try different vegetable combination and protein options.*

Yield: 4 tortillas  
Serving size: 1 pinwheel

**Ingredients**

- 4 large tortillas  
- 2/3 cup regular greek yogurt  
- 1 Tbsp. dry ranch powder  
- 1/2 cup red bell peppers, thinly sliced  
- 1/2 cup carrot strips, thinly sliced  
- 1/2 cup yellow bell pepper, thinly sliced  
- 1/2 cup spinach  
- 1/2 cup purple cabbage, shredded  
- 1 cup cooked chicken, shredded

**Directions**

- Mix together greek yogurt and ranch powder until combined  
- Spread greek yogurt mixture evenly over 4 tortillas  
- Leave 1 inch border on all sides, lay out 2 Tbsp. of each vegetable in rows across the tortillas, top with shredded chicken (Tip: Make sure to keep layers thin to assure the tortilla will hold together)  
- Roll up each tortilla tight, Cut crosswise in half or into pinwheels to serve
Avocado Black Bean Quesadilla

This is a nice twist on the classic quesadilla. Quesadillas provide a great combination of protein and carbohydrates in every bite. Tip: Batch cook the vegetables at the beginning of the week so when in a pinch for time, you can just warm them up to make this a quick snack.

Yield: 4 quesadillas
Serving size: 1 quesadilla

Ingredients

- 1/2 cup onion, sliced
- 1/2 bell pepper, sliced
- 1 Tbsp. olive oil
- 1/2 cup black beans, drained
- 1 Tbsp. taco seasoning
- 4 medium soft flour tortillas
- 2 avocados
- 1/4 cup cilantro, minced
- 1 lime
- 1 cup Mexican cheddar or mozzarella cheese
- oil or cooking spray

Directions

- In medium pan over medium-high heat, saute onion and bell pepper in 1 tablespoon oil for 2-3 minutes or until tender. Add black beans and taco seasoning. Cook for another minute. Transfer mixture into small bowl and set aside.
- Rinse and wipe down pan and return to heat. Drizzle with light layer of oil or spray with cooking spray.
- In a small bowl, lightly mash the avocados with a fork. Stir in cilantro and juice of 1/2 lime, season with salt and pepper to taste. Spread quarter of mashed avocado onto half of a tortilla. Top with bean mixture and 1/4 cup of cheese. Fold the tortilla, closed over the veggies. Repeat until all tortillas are filled and all filling are used.
- Cook on medium-high heat for 2-3 minutes per side or until the outside is crispy and cheese has fully melted. Serve with your favorite salsa or sour cream.

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Southwest Avocado Toast

This recipe is a lovely twist on the classic avocado toast and packs a punch for your taste buds. Often when buying avocados, they are green and very hard. To speed up the ripening process, stick an avocado in a brown paper bag with a ripe banana. Check it daily until it is ready to eat.

Yield: 2 slices
Serving size: 2 slices

Ingredients:
- 2 slices of bread, toasted
- 1 avocado, peeled and seeded
- 2 teaspoons cilantro plus extra for garnish
- 1/2 lime, juiced
- 1/4 teaspoon cayenne powder
- 1/2 teaspoon red pepper flakes
- Salt and pepper, to taste
- 2 eggs, scrambled
- Salsa

Directions:
- In bowl mix together your avocado, cilantro, lime, cayenne, red pepper flakes, salt and pepper. Stir until mashed.
- Spread half mixture on each of your pieces of toast.
- Top with your scrambled eggs and desired amount of salsa.
- Garnish with cilantro if desired.
In need of a salty crunch? Chickpeas, also known as garbanzo beans, are a great source of protein, and when roasted they are a great option to top a salad or just pop in your mouth. Pair with vegetable sticks or some fruit to complete your snack.

Yield: approximately 3 1/2 cups
Serving size: 1 cups

Ingredients
- 30 ounces (2 cans) chickpeas
- 2 tablespoons olive oil (or whatever oil you prefer)
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon rosemary, chopped fresh

Directions
- Position baking rack in center of oven. Preheat oven to 400°F.
- Drain and rinse chickpeas. Line baking sheet with dish towel or thick layer of paper towels.
- Transfer chickpeas to the sheet pan and distribute evenly. Pat the chickpeas with clean dish towel or paper towels, until dry to the touch. Air dry for a few minutes if possible, the more moisture removed, the crispier the peas will be.
- Spread dried chickpeas onto a separate sheet pan and drizzle with 2 tablespoons olive oil and sprinkle 1/2 teaspoon salt. Stir with your hands or spoon to evenly coat the chickpeas.
- Roast for 30 to 35 minutes, shaking pan every 10 minutes. The centers may be slightly soft in the middle.
- You can further dry the chickpeas, so they are completely crisp by turning off the oven after 30 minutes. Allow chickpeas to sit in the warmed oven for another 30 to 40 minutes. The slow drying will make the chickpeas really crunchy. Taste every 10 minutes during this process to see when the crunch is just right.
- Sprinkle desired spice over the warm roasted chickpeas and stir to coat.
- If roasted until completely crisp they will last 1 month stored in an airtight container. Be sure to allow the chickpeas to cool completely before storing to prevent sweating.
Mini Frittatas

This recipe is another great snack that also doubles as breakfast on-the-go. Make some at the beginning of the week for a quick protein option throughout the day. They’ll keep for up to five days in the fridge; otherwise, place them in the freezer and simply microwave for 60-90 seconds when ready to eat.

Yield: 12 muffins
Serving size: 2 muffins

Ingredients

- 1 lb ground turkey or pork sausage
- 10 large eggs
- 1/2 red pepper, diced
- 3 Tbsp. minced onion
- 1 cup cheddar cheese
- 1/2 cup mozzarella cheese
* Make these your own! Add extra veggies or try your favorite cheese

Directions

- Preheat oven to 350°F.
- Brown sausage over medium high until no pink remains.
- Spray a muffin tin with cooking spray. Divide red pepper, onion, cooked sausage and cheeses over 12 wells.
- In a large bowl combine eggs and salt & pepper to taste. Pour egg mixture over sausage in each well.
- Bake 22-25 minutes or until set.
- Remove from cups and serve warm or let cool completely and refrigerate or freeze.
Hard Boiled Eggs

Hard boiled eggs are a portable, protein-packed snack for anytime of the day. Egg yolks are also a great source of vitamin D, which is important in maintaining strong bones. If hard boiling eggs sounds intimidating, never fear—we’ve broken it down into simple steps with helpful tips and tricks for the perfect hard cooked eggs.

Yield: 8 eggs
Serving size: 2 eggs

Ingredients

- 8 cold eggs
- Cold water
- Ice

Directions

- Place eggs in a single layer in saucepan first, then add enough water to cover eggs by about 1 inch.
- Bring water to a rolling boil, then remove from heat, cover, and let stand in the hot water for 14-17 minutes. (The larger the egg, the longer the standing time.)
- Drain eggs and place in ice water until cool.

More Tips:

- Older eggs are best for boiling because they are easier to peel.
- It’s important to place the eggs in the saucepan before adding water; otherwise, they may fall to the bottom of the saucepan and crack.
- When exposed to high heat for a long period of time, a chemical reaction causes the yolks to turn green. This is why it is necessary to remove the eggs from the heat just after the water starts boiling.
- You can serve hard boiled eggs warm; however, cooling them in ice water will further prevent the yolks from turning green.
- Hard boiled eggs will last for up to one week in the refrigerator.
Popcorn on the Stove

Believe it or not, popcorn on the stove is easier than you may think! All you need is a pan, some oil, and popcorn kernels. Also, did you know popcorn is a whole grain? This makes it a good source of fiber and a filling snack.

Yield: 4 cups  
Serving size: 4 cups

Ingredients

- 2 tablespoons olive or other oil  
- 1/2 cup popcorn kernels  
- Salt, to taste

Directions

- In large saucepan over medium heat, combine oil and 2 popcorn kernels. Cover pot and wait for kernels to pop, which might take a few minutes. In the meantime, place a large serving bowl near stove so it’s ready when you need it.  
- Once kernels pop, turn off burner, remove pot from heat and pour in remaining popcorn kernels. Cover pot again, and give it a little shake to distribute kernels evenly. Let pot rest for 60 seconds to make sure oil doesn’t get too hot before kernels are ready to pop.  
- Turn heat back up to medium, put pot back onto burner and continue cooking the popcorn, carefully shaking pot occasionally to cook kernels evenly. Once kernels start popping, tip lid just a touch to allow steam to escape.  
- Continue cooking until popping sound slows to about one pop every few seconds. (If popcorn overflows, just tip upper portion of popcorn into your bowl and return it to the heat.)  
- Remove lid and dump popcorn into serving bowl. Sprinkle popcorn with a couple pinches of salt, to taste, and any other topping you would like. Toss popcorn and serve immediately, for best flavor and texture.

Top with these yummy flavors:

- Olive oil and black pepper  
- Cinnamon and honey butter: Whisk 2 Tbsp. melted butter with 1 Tbsp. honey and 1/4 tsp. ground cinnamon  
- Cayenne pepper or chili flakes  
- Parmesan cheese
DELICIOUS DIPS
Hummus

Hummus is an excellent source of protein. To make this a great snack pair it with vegetables, pita chips, or pita bread. If you don’t have tahini on hand this recipe can be made without it just add some extra olive oil or unsweetened peanut butter in its place. Below are some additional ideas to change up the flavor of this recipe.

Yield: approximately 1 1/2 cups
Serving size: 1/2 cup

Ingredients

- 1 15 oz. can of chickpeas
- 1/4 cup lemon juice
- 1/4 cup tahini, well stirred
- 1 garlic clove, minced
- 2 Tbsp. olive oil
- 1/2 tsp. ground cumin
- Salt to taste
- 2-3 Tbsp. water
- Dash of ground paprika

Directions

- In food processor or powerful blender, combine tahini and lemon juice and process for 1 minute, scrape sides and bottom then process for 30 seconds more.
- Add olive oil, minced garlic, cumin, and 1/2 teaspoon of salt to whipped tahini and lemon juice. Process for 30 seconds, scrape sides and bottom then process another 30 seconds or until well blended.
- Open, drain, and rinse the chickpeas. Add half of chickpeas to food processor/blender and process for 1 minute. Scrape sides and bottom, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.
- Hummus may be too thick or still have tiny bits of chickpea. To fix this, with food processor/blender turned on, slowly add 2 to 3 tablespoons of water until preferred consistency is reached.
- Taste adjust for salt as needed. Serve hummus with drizzle of olive oil and dash of paprika. Store homemade hummus in airtight container and refrigerate up to one week.

Try these fun flavors!

- Jalapeno cilantro: Add 1 jalapeno (stemmed and seeded) and 1 cup fresh cilantro
- Roasted red pepper: Add 1-2 roasted red pepper
- Parsley scallion: 3-4 scallions (green onion), 1/2 cup fresh parsley
- Curry spiced: Add 1/2 tsp. curry powder and 1/4 tsp. cumin
- Lemony spinach: Add 3 cup baby spinach plus juice and zest from 2 lemons

*Add flavors to hummus and blend well
Peanut Butter Greek Yogurt Dip

This recipe is a staple! If you are a peanut butter fanatic, you will love this. The combination of Greek yogurt and peanut butter provides a great source of protein. Pair with your favorite fruit to create a dynamic duo.

Yield: approximately 1 1/4 cups
Serving size: 1/2 cup

Ingredients
- 1 8 oz. container vanilla Greek yogurt
- 1/4 cup smooth peanut butter or almond butter

Directions
- In small bowl, stir together Greek yogurt and peanut butter.
- If stored in fridge it can be good for up to 2 weeks.
- You can use plastic containers, but if you can’t fill it all the way to the top the air and cold fridge will break down and separate the two ingredients in the dip.
  Instead, place plastic wrap over the bowl, pressing the plastic down on the yogurt dip so that no air can get in.

Creamy Avocado Dip

Think of this dip as a delicious, protein-packed version of guacamole. Pair with veggie sticks, pita crisps, or tortilla chips for added crunch. This dip will keep in the fridge for 3-4 days.

Yield: approximately 1 1/2 cups
Serving size: 1/2 cup

Ingredients
- 2 avocados
- 1/2 cup plain Greek yogurt
- Juice of 1 lime
- 2 cloves garlic, minced
- Salt and pepper

Directions
- In a medium bowl, mash avocados with a fork.
- Stir in yogurt, garlic, and lime juice and season generously with salt and pepper. Serve immediately or store in refrigerator.
Curried Yogurt Dip

This aromatic dip is delicious with sweet potato chips or pita bread. It also pairs well with raw veggies. Try adding herbs such as cilantro or coriander to up the flavor even more!

Yield: 1 1/2 cups
Serving size: 1/2 cup

Ingredients

- 1 1/2 cups low-fat Greek yogurt
- 1 Tbsp. curry powder
- 1 Tbsp. lime juice
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 Tbsp. herbs, such as cilantro, if desired

Directions

- In a medium bowl, mix together yogurt, curry powder, lime juice, salt, and pepper.
- Chill for at least 1 hour before serving. Serve with sweet potato chips, veggies or pita chips.
Cowboy Caviar

This salsa-like dip is tasty when paired with tortilla chips or eaten directly with a spoon. The beans and black-eyed peas are a great source of protein, and the veggies add tons of color, as well as a delicious crunch. Dice the veggies as small as you can to avoid large chunks.

Yield: 12 cups
Serving size: 1 cup

Ingredients

- 3 tomatoes seeds removed, diced
- 2 ripe avocados, diced
- 1/3 cup red onion, diced
- 1 15 oz can black beans rinsed and drained
- 1 15 oz can black-eyed peas rinsed and drained
- 1 1/2 cups sweet corn
- 1 bell pepper, diced
- 1 jalapeno seeds removed, diced into very small pieces
- 1/2 cup cilantro, finely chopped

Dressing:

- 1/3 cup olive oil
- 2 Tbsp. lime juice
- 2 tsp. red wine vinegar
- 1 tsp. sugar
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. garlic powder

Directions

- Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so ingredients are well-combined.
- In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
- Pour dressing over other ingredients and stir/toss very well.
- Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.
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