

# Snacks and Treats

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# Snacks and Treats

## Green Apple Monsters

A healthy and fun treat to make for your kids!

- Green apples
- All natural peanut butter
- Sunflower seeds
- Strawberries
- Eyeball Candy



## Creamy Acorn Squash Cashew Dip

With the cooler temps, it's time for more fall recipes! Did you know that acorn squash is a great source of vitamin C? So, it's perfect during cold and flu season.

Creamy Acorn Squash Cashew Dip:

- Cut up the acorn squash in cubes
- Place them in a dish with a little water then steam them in the microwave
- Let them cool then put them in a blender
- Add a few handfuls of raw cashews
- Sprinkle sea salt
- A dash of nutmeg (optional)
- Add some drizzles of pure maple syrup
- Blend until smooth and thick



It goes great with crackers, veggies, pita chips, whatever you want to experiment with. Mmm . . . Enjoy!

# Apple Cinnamon Bliss Balls

- 1 cup old-fashioned or gluten-free oats
- 2 tablespoons flaxseed meal (or you can use almond flour)
- 1 tbsp. sliced almonds
- 1/4 teaspoon cinnamon
- Pinch of nutmeg
- 1/4 cup regular applesauce
- 1/2 tablespoon pure maple syrup
- 1/4 cup almond butter
- 1 teaspoon chia seeds (optional)
- Mix all the ingredients in a bowl then roll into balls
- Refrigerate for at least an hour



# Dark Chocolate Avocado Banana Delight

- 2 ripe medium-sized bananas
- 1 ripe avocado
- 2 1/2 tbsp. dark chocolate cocoa powder
- 1 tbsp. chocolate protein powder
- 1 tsp chia seeds
- Dash of vanilla extract
- Drizzles of pure maple syrup and honey
- Dash of ground cinnamon and pumpkin spice
- Blend until smooth
- Sprinkle cacao nibs on top
- Refrigerate for an hour to build texture and thickness



# Roasted Pizza Pumpkin Seeds

Fall is in the air and so are the smell of Roasted Pizza Pumpkin Seeds. Mmm . . . oh yeah!

- Extra virgin olive oil
- Grated Parmesan cheese
- Garlic powder
- Onion powder
- Oregano
- Basil
- Himalayan Salt
- Optional: tomato powder



Instructions: Clean off pumpkin seeds thoroughly under the faucet. Pat dry with a towel. Place all the seeds in a bowl. Drizzle some olive oil over the pumpkin seeds. Mix all the spices in a separate bowl then spread it over the seeds and mix them together in a bowl. Spread the seeds in a single layer on a cookie sheet and preheat the oven to 350 degrees and bake the seeds for about 45 minutes or until crisp.

# Crispy Parmesan Garlic Edamame

- 2 cups edamame (raw)
- 1 tbsp extra virgin olive oil
- 1/4 cup parmesan cheese (grated)
- 1/4 tsp garlic powder
- 1 pinch sea salt
- 1 pinch black pepper



## Instructions:

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a bowl, add parmesan cheese, garlic powder, salt, and pepper, then mix together.
3. In another bowl, add fresh (or thawed) edamame. Add olive oil and toss to coat.
4. Pour parmesan cheese mixture on top of edamame and mix well.
5. Spread edamame evenly on baking sheet. Bake in oven for 12 - 15 minutes or until cheese is melted and browned to your liking.

Edamame are soybeans that are rich in protein and numerous vitamins and minerals.

# No Bake Energy Balls

## for chocolate lovers



- 1/2 cup almond butter
- 1 tbsp all natural creamy peanut butter
- 1 cup old fashioned oats
- 3 tbsp honey
- 1 tbsp chia seeds
- 2 tbsp hemp seeds
- 2 tbsp dark chocolate cocoa powder
- 1/8 cup mini dark chocolate chips
- 1/8 cup chopped walnuts (or substitute almonds)
- A dash of salt
- About a 1/4 cup water

### Instructions:

-Pour all ingredients into a bowl and mix it good with a large spoon.  
(More fun that way!)

-Roll into bite-size balls with your hands.

-Then, lick your hands clean. (HA!)

-Store in air-tight container and put in fridge for about an hour.

Ready to eat!

# No Bake Granola Bars

If you're looking for a yummy, filling, and tasty snack to take with you to work or school for extra energy, then you MUST make this No Bake Granola Bar. OMG! It taste like a candy bar and it's vegan and gluten-free. You never thought healthy could be so delicious!

## Ingredients:

- 1 1/2 cups gluten free rolled oats (or regular oats)
- 1 cup all natural peanut butter
- 1/2 cup yellow raisins
- 1/2 cup pistachios
- 1/4 cup flaxseed meal
- 1/2 cup walnuts
- 1/4 cup sunflower seeds
- 1/3 cup pure maple syrup or honey
- 1/2 cup unsweetened applesauce (or regular)
- Melted dark chocolate for drizzling on top, optional



## Instructions:

- Line an 8x8-inch baking pan with unbleached parchment paper and set aside.
- In a large mixing bowl, or a stand mixer, add all the ingredients. Mix thoroughly until combined.
- Press the mixture firmly into the prepared baking pan. Place in the fridge until the mixture sets, about 3-4 hours. Cut into bars and serve. Cover leftovers and store them in the fridge for up to 1 week.

## Notes:

If you'd like, drizzle 2 tablespoons of melted dark chocolate over the bars before you place them in the fridge.

# Hummus

Homemade hummus! What could be better to dip your veggies or pita chips in?

This brings me to the importance of labeling things when storing them in the fridge. This way, you remember what it is you made and how long you've had it so you're not eating spoiled food! The hummus I made will last about a week.

## Ingredients:

Makes 6 servings or about 1 1/2 cups

- 1 (15-ounce) can chickpeas or 1 1/2 cups cooked chickpeas
- 1/4 cup fresh lime juice or lemon
- 1/4 cup well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons water
- Dash ground paprika, for serving



## Instructions:

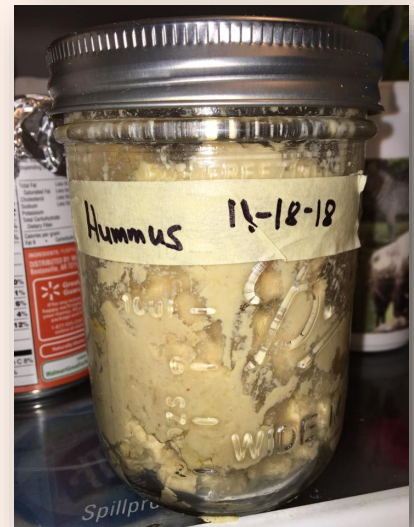
-In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. This extra time makes the hummus smooth and creamy.

-Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.

-Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.

-Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.

-Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. Store homemade hummus in an airtight container and refrigerate up to one week.



# Nachos Grande

This would be perfect for a Christmas party or even a Super Bowl party!

## Ingredients:

These quantities are just guidelines and can be adjusted based on tastes.

- A large bag of your favorite tortilla chips
- 1 can black beans, drained and rinsed
- 1 can pinto beans, drained and rinsed
- 1 cup Mexican blend cheese (or dairy free alternative), shredded
- 1 yellow or orange pepper or both, seeded and diced (yellow or orange just make it more colorful)
- 1 tomato or approx 15 cherry or grape tomatoes, seeded and diced (I like to cut these first, sprinkle with salt and let sit to release their water as I prep the other veggies and beans.)
- 1 bunch scallions, green parts chopped
- ½ red onion, diced
- ¼ - ½ bunch cilantro, finely chopped
- Optional: 1-2 jalapeños, seeded and sliced for topping



## Instructions:

- Preheat oven to 350 degrees
- In a large oven proof skillet or rimmed baking sheet, spread tortilla chips evenly
- Add half the beans, cheese, yellow/orange pepper, tomato, scallions, onion, and cilantro.
- Add a second layer of tortilla chips and top with the remaining beans, cheese, yellow/orange pepper, tomato, onion and cilantro.
- Top with scallions and jalapeños if desired.
- Place skillet or baking sheet in hot oven for 10-12 minutes or until cheese is melted.
- Serve with sour cream, avocado, or guacamole if you wish.



# Skinny Spinach and Artichoke Dip

Looking for a healthy dip for a holiday party? Then, try out this skinny spinach and artichoke dip!

- 1 tablespoon minced garlic
- 1 small onion, diced (about 1 cup diced)
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 1 (12 ounce) bag of spinach, chopped
- 1/2 cup almond milk
- 1/2 cup crumbled feta cheese
- 3/4 cup grated parmesan cheese
- 1/4 teaspoon pepper or to taste
- 1 (8 ounce) pkg 1/3 less fat cream cheese
- Reduced sodium Triscuits or pita chips for dipping (or whatever you choose)



## Instructions:

- Place sautéed onion and garlic in slow cooker along with artichoke hearts, spinach, almond milk, feta, parmesan, and pepper. Stir to combine.
- Top with cream cheese.
- Cover and cook on high heat for 2 hours or on low heat for 3-4 hours.
- Uncover and stir until everything is well combined.
- Keep on warm setting until you are ready to serve.

# Baked Kale Chips



## Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

## Instructions:

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

## The Benefits of Kale

At just 33 calories, one cup of raw kale has:

- Nearly 3 grams of protein
- 2.5 grams of fiber (which helps manage blood sugar and makes you feel full)
- Vitamins A, C, and K
- Folate, a B vitamin that's key for brain development
- Alpha-linolenic acid, an omega-3 fatty acid. (While kale has far less omega-3 than fish, it is another way to get some of this healthy fat into your diet.)
- Lutein and zeaxanthin, nutrients that give kale its deep, dark green coloring and protect against macular degeneration and cataracts Minerals including phosphorus, potassium, calcium, and zinc

# Chocolate Chip Cookie Dough Bites

When you have a sweet tooth, try out these little babies! Heavenly cookie dough bites without the guilt. My daughter can't put them down!

## Chocolate Chip Cookie Dough Bites

- 1/3 cup raw cashews
- 1/3 cup raw walnuts
- 1/3 cup oats
- 2 tbsp honey
- 1 tsp vanilla extract
- 1/4 cup dark choc. chips

-Blend the cashews, walnuts and oats until they become a fine powder.

-Add the honey and vanilla and blend until everything is mixed together.

-Stir in the chocolate chips then roll into balls.



# Pomegranate: The Super Fruit

Oh, pomegranate, how do I love thee? Let me count the ways.

This has to be the one of the most beautiful fruits on the planet and definitely one of the healthiest! It looks like a shiny, red ornament on the outside and a crown of jewels (called arils) on the inside.



Check out some of the benefits:

- Provides fiber, protein, vitamin C, K, folate, and potassium
- Powerful antioxidants to ward off illness
- High in anti-inflammatory properties to help ease arthritis and aid in digestion
- May lower blood pressure and risk of getting prostate or breast cancer
- May help lower your risk of heart disease

Pick up a pomegranate today! They are messy, but so worth it. The arils go great on oatmeal, overnight oats, yogurt, salads, smoothies or just eat them plain. You can also buy pomegranate juice to drink daily but just watch for added sugar.

# Blueberry Smoothie Bowl

You can never go wrong with Froyo or a very thick smoothie! Check out all the ingredients in this frozen bowl of yumminess:

- 1/3 cup of frozen cauliflower (It makes it so much thicker and creamier and you can't even taste it.)
- A large handful of frozen spinach
- 1 small frozen banana
- 1/2 cup frozen, chopped mango
- 2 dates for sweetness
- 1 scoop of vanilla protein powder
- Unsweet cashew milk (or any milk) until you reach the desired consistency
- Blend everything together until smooth
- Toppings: I used granola and coconut flakes (but you don't have to use any toppings)



# Very Berry Smoothie Bowl

- 1 frozen banana
- 1/4 cup frozen strawberries, blackberries, blueberries, and raspberries
- 1-2 tbsp. acai powder
- Handful of spinach
- Unsweetened coconut milk (to desired consistency)
- 1 tbsp. maca powder
- 1 scoop vanilla protein powder
- Blend it all together and serve.



# Eat More Cherries

Eat more cherries!!

- Full of antioxidants (especially tart cherries)
- Protect against diabetes
- Promote healthy sleep (good source of melatonin)
- Can offer relief from arthritis
- Lowers the risk of gout attacks
- Drinking tart cherry juice can lower cholesterol
- Ways to eat this shiny red fruit: Fresh cherries (when in season), frozen cherries, freeze-dried powders (you can buy on Amazon), tart cherry juice, preservative-free dried cherries.



You can eat fresh cherries plain, add frozen cherries to oatmeal or on anything chocolate (i.e. pancakes), drink cherry juice straight up or add to water, use dried cherries in salads, or use powder in smoothies.

# Air-Popped Popcorn

Air-popped popcorn is a yummy and healthy snack containing whole grain, fiber, and vitamins and minerals. Just add a little sea salt to it and nutritional yeast for extra flavor.

If you don't own an air popper, buy Skinny Pop or Boom Chicka Pop at the grocery store.

Tip: Nutritional yeast is a highly nutritious vegan food product with various health benefits. It can be used to add extra protein, vitamins, minerals and antioxidants to meals. Plus, it has a cheesy taste which makes it great on popcorn! If the yeast isn't sticking to the popcorn try some fresh lime juice with it.

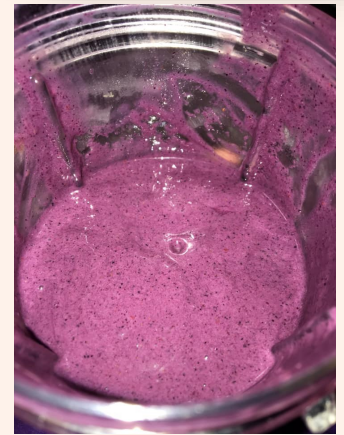


# Post-Workout Smoothies

Post workout smoothie: Handful of Spinach, 1 frozen banana , 1/2 cup chopped mango, 1 cup freshly chopped pineapple, 1 tbsp matcha tea powder, 1/2 to 1 cup unsweetened coconut milk, 1/2 scoop vanilla protein powder, and hemp seeds.



Smoothie: 1/2 frozen banana, frozen blueberries, frozen blackberries, açai powder, 1/2 scoop vanilla protein powder, 1/2 avocado, unsweetened coconut milk, and hemp seeds. Smooth, creamy, and, oh, so yummy!



# Chocolate Peanut Butter Balls

If you're a fan of Reese Cups, but want to feel less guilty when indulging then you should try these Peanut Butter Chocolate Balls. These are simple and delicious!

- 1 1/2 cup oats
- 1/3 cup honey
- 1/2 cup all natural peanut butter
- 2 tbsp unsalted cashews
- 1-2 tbsp unsweetened cashew milk or any milk
- About 1/2 cup dark chocolate chips
- Mix oats, honey, cashews and peanut butter in food processor or blender.
- Combine until oats are mostly broken down.
- Add enough milk until the mixture forms into a ball/clump in blender.
- Add in chocolate chips and pulse until combined.
- Roll into balls and put on a plate in the freezer for 10 min, then store in fridge.



I like to nuke mine for a few seconds in the microwave when I take one out to eat it!

# Tropical Froyo

Homemade Froyo? Think Tropical

This Froyo has one frozen banana, cup of frozen mango, frozen pineapple, one pear, handful of spinach, small scoop of matcha tea powder, hemp seeds, and unsweetened coconut milk (for desired consistency.) Makes enough for two people.

How can you resist that color?



# No Bake Cupcakes

Try these simple and yummy no bake cupcake treats this summer!

- Take some raw unsalted or lightly salted cashews and blend them into a fine powder.
- Use the blended cashews as the bottom layer in muffin pan
- Fill in the second layer with vanilla Greek yogurt (or any yogurt)  
Add strawberries and blueberries on top
- Place in freezer for a few hours
- When you're ready to eat them, take out of the freezer to thaw out for a short time to make it easier to bite into them. Place any remaining treats back in the freezer for later.

So simple and delicious!



# Watermelon Power Smoothie

Summer is a perfect time for experimenting with different flavored smoothies. It's always so refreshing on a hot day.

I used a sweet baby watermelon from Posey County that I bought at Mayse Farm Market. I was pleasantly surprised on how good this turned out!

Watermelon slices

1 small frozen banana

Chunks of frozen mango

Pinch of spinach

Fresh lime juice

Unsweetened almond milk

1 scoop chia seeds

