



9 Awesome Easy Snacks!

Snacking is a powerful tool to sustain attention and energy throughout the day. It has also become an easy way to mindlessly input empty calories and nutrient-deficient foods. Here are 9 great snacks, plus a recipe that are easy to make and pack for your day!

Gruyere and Fuji:

A great way to satisfy sweet and salty cravings. Apples are high in fiber (4g) and can help moderate high blood sugar. Together with cheese, this snack is great for the body!



Hardboiled Egg & Gosmashio

Eggs are a power house of protein. An egg snack will sustain a body for hours. Add a little Gosmashio (salt, milk thistle, dulse & black sesame) for flavor & nutritional power!



Raw Cashew & Organic Raisins:

Cashews are high in antioxidants & include trace minerals; copper, manganese, & magnesium. Raisins have B6, Calcium and protein. This portable snack quick & fast!



Cucumber Turkey Bites:

A satisfying snack when cutting out gluten. Crispy cucumbers are awesome with lean turkey. Cucumbers have many vitamins & minerals. Turkey is a great source of protein!



Brewer's Popcorn:

Organic popcorn with coconut oil makes a great snack. Sprinkled with Brewer's Yeast, brings it to a new nutrient packed level! It's packed with Protein & Vitamin B!



Radish & Nut (seed) Butter:

We can thank the French for this great snack! Radish can be pungent, nut butters balance the spice nicely. This snack has a good blend of fat, protein and carbohydrates!



Banana Quesadilla:

Combine nut or seed butter in a multigrain tortilla with 1/2 ripe banana. Warm over stove until golden brown. Bananas have B6. Chose your favorite nut butter for added protein!



Roasted Chickpeas :

Garbanzo beans are high in protein, Folate and phosphorus. Dry beans, season with Olive Oil, cayenne Pepper and salt. Roast at 350° for 40 minutes. Turn often. Pack and enjoy!



Breakfast Bars:

- 1 C Almond Flour
 - 1/4 tsp Himalayan Salt
 - 1/4 C Coconut Oil
 - 2 T Raw Honey
 - 2 T Water
 - 1 tsp Vanilla Extract
 - 1/2 C Unsweetened Coconut*
 - 1/2 C Raw Pumpkin Seeds
 - 1/2 C Raw Sunflower Seeds
 - 1/4 C Slivered Almonds*
 - 1/4 C Raisins*
 - 1/4 C Dark Chocolate Chips
1. In a food processor, combine flour & salt
 2. Pulse oil, honey, water & vanilla
 3. Pulse coconut, seeds, nuts, raisins & chips until dough forms
 4. Press dough into 8x8 baking dish
 5. Bake at 350° for 20 minutes
 6. Cool for ~2 hours serve
- * Can be substituted for other nuts, seeds or dried fruit. Experiment tasty options!