

Healthy Homemade Snacks

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Future You Nutrition

What is a snack?

- Is it a treat?
- A bridge to your next meal?
- Is nutrition important for a snack?
- Is it sweet?
- Is it crunchy?
- Is it savory?
- Is it convenient?



A Snack's Job is to...

- Give you nourishment
- Stave off hunger
- Keep your blood sugar stable/ not spike a glucose response
- Not be a meal replacement
- Target 200-400 calories



Components



- What should a healthy snack include?
 - At least two of the three macro nutrients
 - Protein
 - Fat
 - Carbohydrates (carbs)
- So what does that look like?
 - Celery (carbs/fiber) with peanut butter (fat/protein)
 - Mini peppers (carbs/fiber) with cream cheese (fats) and everything but the bagel (EBTB) seasoning
 - Whole grain crackers with a hard boiled egg (Chives and EBTB optional)
 - Yogurt (protein) with seasonal fruit (carbs)
 - Avocado (fat and fiber) and hardboiled egg (protein and fat)

Make it Bite Sized!

- Egg Bites – the options are endless
 - Chopped broccoli
 - Chopped peppers
 - Chopped cauliflower
 - Any leftover veggies, chopped
 - Everything but the Bagel Seasoning
 - Pizza seasoning
 - Bacon bits
- Paleo Bites
- Taco Bites
- Cucumber Bites
- Mini Meatballs



Easy Egg Bites

1 cup 5% Greek yogurt
8 eggs beaten

1 cup shredded cheese
Salt and pepper to taste

- Preheat oven to 325.
- In a blender combine yogurt and cheese until smooth.
- Add the beaten eggs and blend until frothy.
- In a pan lay out 12 silicone cupcake liners.
- Pour the egg mixture evenly into the 12 cups ~ 3/4 full.
- Add boiling water to pan, about half way up the liners.
- Place in oven and bake 35 minutes or until a toothpick inserted comes out clean.
- Broil for a minute and a half to bring the tops to a golden color.
- Freezes well!



Paleo Bites



- 1 cup almond butter or other nut butter
- 1.5 cups unsweetened shredded coconut
- 1 cup dried fruit (chopped) 2 tbsp cocoa powder
- 2 scoops protein powder pinch of salt
- 1 tsp vanilla
- 3 tbsp liquid sweetener (Optional - maple syrup, honey)
- Blend in a food processor and shape into balls.
- Chill and eat!

Taco Bites



- 1 lb. ground beef
- 3 tbsp taco seasoning
- 6 large eggs
- 4 ounces shredded cheddar or Mexican cheese

- In a large skillet over medium heat, brown the beef until almost cooked through. Add the taco seasoning and continue to brown until completely cooked through. Remove from heat and let cool.
- Preheat the oven to 350°F. Use silicone or parchment mini muffin liners, This recipe makes about 32 mini muffins so you may need to work in batches if you don't have more than one mini muffin pan.
- In a large bowl, whisk the eggs. Add the taco meat and half of the shredded cheese. Whisk thoroughly to combine.
- Fill the muffin cups and sprinkle with the remaining shredded cheese. Bake 15 to 20 minutes, until puffed and firm to the touch.
- Remove and let cool 10 minutes. Use a thin flexible spatula to run around the edge of the muffins to release.
- Freezes well

Mini Meatballs



- 1 lb. ground beef
- Worcestershire sauce
- 1 large egg
- 1 Tbsp. Mustard
- 4 ounces grated parmesan cheese
- 1 small onion, grated or finely diced
- Salt and pepper
- In a large bowl, combine all ingredients and thoroughly mix to combine well.
- Shape into ~ 2 oz or bite size balls
- In a large skillet over medium heat, melt a bit of avocado oil until shimmering and start to brown the mini meatballs
- Brown all sides of the meatballs
- Remove and allow to cool.
- Spread the cooked meatballs evenly over cookie sheet and place in freezer for 1 hour.
- Microwave 2 or 3 meat balls for 30-60 seconds for a quick protein boost.

Take a dip

- Everything Bagel Cottage-Cheese Dip
 - Hummus
 - Salsa
 - Eggplant/Baba ghanoush
 - Pizza dip
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- Serve with cut vegetables (carrots, celery, cucumbers, radishes, lettuce leaves) or whole wheat crackers – or just use a spoon!



Everything Bagel Cottage-Cheese Dip



- 16 ounces cottage cheese
- 2 tablespoons drained capers
- 2 teaspoons everything but the bagel seasoning
- 1 packed cup baby arugula
- 3 scallions, thinly sliced
- Salt and black pepper
- raw sliced vegetables for serving
- In a medium bowl, stir together the cottage cheese, scallions, capers and everything bagel seasoning. Season to taste with salt and pepper.
- When ready to eat, rip the arugula into bite-size pieces and sprinkle on top of the cottage cheese, along with more everything bagel seasoning.
- Enjoy with raw vegetables.

Everything but the Bagel Seasoning



- *1 tablespoon dried minced onion*
 - *2 tablespoons poppy seeds*
 - *½ teaspoon garlic powder*
 - *1 teaspoon freshly ground black pepper*
 - *1 tablespoon white sesame seeds*
 - *1 teaspoon fennel or caraway seeds*
 - *flaky sea salt.*
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- *Combine all ingredients except salt in a medium bowl and stir to combine.*
 - *Season to taste with flaky sea salt.*
 - *Store in a jar or container with a tight-fitting lid for several weeks.*

Homemade Hummus



Ingredients

1 can (15 oz / 400 g) chickpeas

6-8-tbsp tahini (Lebanese hummus uses plenty of tahini)

5 large garlic clove crushed

one lemon freshly squeezed (adjust to taste)

2-4 tbsp ice-cold water

2-3 tbsp olive oil (plus more for serving)

½-1 tsp salt

Optional: a pinch of cumin (not always used in Lebanon)

- The most important thing is to use the food processor on a high setting to remove any clumps

Baba Ghanoush



- 1 medium eggplant
 - 1 teaspoon salt, divided
 - 2 tablespoons tahini
 - 1 teaspoon lemon juice
 - Preheat oven to 450°. Cut eggplant in half lengthwise. Place cut side up on an ungreased baking sheet. Brush 1 tablespoon olive oil over cut sides. Sprinkle with 1/2 teaspoon salt and paprika. Bake until dark golden brown, 20-25 minutes. Remove eggplant from pan to a wire rack to cool completely.
 - Peel skin from eggplant; discard. Put flesh into a food processor and pulse to mash; transfer to bowl. Stir in tahini, garlic, lemon juice and remaining 1/2 teaspoon salt. Spoon into serving dish. Drizzle with remaining 1 tablespoon olive oil. Sprinkle with chopped fresh parsley and additional paprika.
 - Serve with raw vegetables (carrots, pepper wedges, cucumbers, cauliflower, pea pods , etc.)
- 2 tablespoons olive oil, divided
 - 1/2 teaspoon paprika
 - 1 garlic clove, minced
 - Chopped fresh parsley

Pizza dip

- Garlic powder
 - Onion powder
 - Basil
 - Oregano
 - 2 Tbsp Tomato sauce
 - ½ c Cottage cheese
 - ¼ c Shredded mozzarella
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- Combine all ingredients and microwave till hot and melty.
 - Serve with celery sticks or pepper wedges



The Old Standbys

- A hard boiled egg
- Chomps/meat stick/Jerky(look at the sugar content)
- Pickles or pickle chips
- Cheese Stick
- Nuts
- A handful of berries
- Olives
- Celery and Peanut Butter
- If in doubt – drink a glass of water





What are your GoTos?

- Interactive exercise



Contact me

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Sources



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