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15 of My Favourite Healthy Snacks

Recipes are below if needed

1. Chocolate Avocado Pudding (tops my list every time)
2. Kale chips
3. Roasted chickpeas
4. Hummus with veggie sticks
5. Guacamole with rice crackers
6. Spicy salty peanut butter - great on rice cakes or celery sticks
7. Ants on a log
8. Rawsome Energy Balls
9. Greek yogurt or cottage cheese with grapes
10. Apple Chips
11. ChickPeanut Butter Cookies (cookies so healthy they're snacks!)
12. Root Veggie Chips
13. Nutty Seedy Bars
14. Hardboiled Eggs
15. Handful of almonds & walnuts with an apple or pear

Having healthy snacks with you allows you to eat smaller portions more frequently which keeps your blood sugar stable and prevents you from over-indulging at larger meals. They can also provide quick energy mixed with slow-released energy which is great for pre-gym snacks. All of these have a mixture of healthy proteins or fats with carbohydrate (except a few...). If we've had a chat, you are well aware that having protein, fat, or fibre with your carbs keeps blood sugar and insulin in check. Enjoy!

Recipes:

Chocolate Avocado Pudding

- 1 ripe avocado
- 1 tbsp cocoa powder
- 2 tsp honey (or sweeten to taste)
- 1 tbsp milk (or milk alternative)
- Optional: 1/2 tsp vanilla extract, flax seeds for crunchiness, hazelnuts, shredded coconut, etc.

Mash avocado until smooth. Mash in cocoa powder and honey. Add milk and stir until smooth.

Kale Chips

- 1 bunch kale
- 1-2 tbsp olive oil
- Sea salt
- Parmesan cheese
- 1 wedge lemon

Tear kale leaves into chip-sized pieces and discard stems. Toss with olive oil, sea salt, parmesan cheese and juice from lemon wedge until evenly coated. Spread in a single layer on a baking sheet. Bake at 350 degrees for 8-10 minutes, watching carefully as they will brown and burn quickly.

Cauliflower Popcorn

1 head cauliflower, cut into medium sized florets, discard stems
1 tsp seasalt
1/4 tsp onion powder
1/4 tsp garlic powder
1/4 tsp paprika
1/4 tsp turmeric
2-3 tbsp olive oil

Combine the salt, sugar, onion powder, garlic powder, paprika, turmeric, and oil. Add cauliflower florets and toss to evenly coat. Spread in a single layer on a baking sheet. Roast at 450 degrees uncovered for 30-35mins, until the largest pieces can be pierced with a fork.

Roasted Chickpeas

Use the spice list above for the Cauliflower popcorn recipe. Toss chickpeas in spice mix and olive oil. Roast at 350 degrees for about 20 minutes.

Homemade Hummus

1 can chickpeas
1/2 cup tahini
1/4 cup water
1 tbsp olive oil
Juice from 1/2 lemon
2 cloves minced garlic
Sea salt and pepper to taste
Optional: roasted red peppers, sundried tomatoes, herbs/spices of your liking

Drain and rinse chickpeas. Using a blender or food processor, combine all ingredients and blend until smooth. Add more water if consistency is too thick and continue to blend.

Guacamole

1 ripe avocado
1-2 cloves garlic, finely chopped
1 tbsp cilantro, finely chopped
1 tsp onion, finely chopped
1/2 ripe tomato, chopped
Juice from 1/2 lime or 1 large lemon wedge
Sea salt and pepper to taste.

Mash avocado until smooth. Add in remaining ingredients and stir until well combined.

Spicy Salty Peanut Butter

*Thanks, Dom!

1 cup natural peanut butter (can use almond butter as well)
1 tbsp chia seeds
2 tsp poppy seeds
1 tsp sea salt
1 tsp chili flakes
1 tsp black pepper
Optional: 1 tbsp ground up dark chocolate (fair trade and organic for best health benefits!)
Mix all together. You can adjust the spices as you like to make it a bit hotter.

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Ants on a Log

2-3 Celery sticks
Peanut or almond butter
Raisin or dried cranberries
Spread nut butter on celery sticks and top with a few raisins.

Rawsome Energy Balls

12 medjool dates (pitted)
1/4 cup cocoa powder
1 cup walnuts
1/2 cup almonds
1/4 cup each of sunflower, pumpkin, and flax seeds
1 tbsp cinnamon
1 tbsp coconut oil
1 tbsp water
1/2 tsp vanilla extract
pinch of sea salt
Whiz all ingredients together in a food processor. Form into balls and pop into the fridge or freezer for a bit until they're cool and set. Rawsome!

Apple Chips

Slice apples horizontally as thin as you can (a mandoline works well). Spread on baking sheets in a single layer and dust with cinnamon. No sugar needed! Bake at 200F for 2 hours. Let sit on the baking sheet once they're done as this will get them super crispy.

Chick Pea-Nut Butter Cookies

*Courtesy of TheSportLab in Huntsville.

1 1/4 cups chickpeas (or 1 can, drained and rinsed)
1/2 cup natural peanut butter
2 tsp vanilla
1/4 cup honey
2 tbsp coconut oil
1 tsp baking powder
a pinch or two of salt
2/3 cup dark chocolate chips (dairy-free if you need)

Directions:

Preheat the oven to 350°. Line a cookie sheet with parchment paper. Puree chickpeas in a food processor. Scrape down the edges, and pulse again a few times until the "dough" is completely smooth. Add all the remaining ingredients (except the dark chocolate chips). Puree! Simply stir in the chocolate chips - no more whizzing. Scoop out heaping spoonfuls of dough and drop them onto the parchment. Flatten them slightly with a fork. Bake for about 15 minutes. Allow to completely cool before trying to move them or they might squish a bit or fall apart.

Root Veggie Chips

*Adapted from healthyhappymama.com

Red potato
Sweet potato
Beet
Olive oil
Sea salt
Pepper
Finely chopped rosemary

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Finely slice potatoes and beets (a mandoline works well) as thin as you can. Toss in olive oil, salt, pepper, and rosemary. Spread in single layer on baking sheets. Bake at 350 for 12 minutes, then flip. Bake for another 6-8 minutes watching closely. Remove from the oven and let them sit on the baking sheet until cool as this will crisp them up even further.

Nutty Seedy Bars

3/4 cup honey
1/2 cup almond-cashew butter (though you can use any nut butter)
1/2 cup sesame seeds
1/2 cup pumpkin seeds
1/2 cup cashews
1/2 cup dates
1/2 cup grated coconut
1/4 cup almonds
3 cups crispy rice cereal (gluten-free)

In a pot over low heat, combine honey and nut butter. Let it warm up and become runny for about a minute. While this is heating up, whiz together the bigger nuts in a food processor or blender until they're coarse. Do the same for the dates (which are surprisingly loud). Mix the nuts, seeds, dates, and cereal in a bowl and toss. Pour the honey/nutter butter mixture on top and stir until well combined. Press onto a greased or parchment paper