

Healthy

SNACKS

THAT WON'T RUIN YOUR DIET



VOL. 1

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HEALTHY SNACKS YOU CAN ENJOY, THAT WONT RUIN YOUR DIET

Snacks are a great option to maintain blood sugar balance when meals are longer than 4-5 hours apart. Ever felt hangry? this is due to low blood sugar which in turn effects your emotions and thinking. So to keep everything balanced daily snacks play a pivotal role in maintaining that momentum throughout the day.

Welcome to our guide on crafting healthy snacks that not only tantalise your taste buds but also align with eating healthy, weight loss and because sometimes you just want to treat yourself !

We understand the struggles of avoiding those unexpected "snaccidents" that can jeopardize your carefully planned diet.

We delve into my top 5 go to nutritious and satisfying options, ensuring your snack choices become a source of nourishment and empowerment, rather than a detour from your health journey.

Let's transform snacking into an enjoyable and guilt-free experience, fostering a path to wellness that is sustainable.

Mixed Berry Acai Bowl

INGREDIENTS

- 2 Fresh Dates (30g) Pitted
- 1 Cup (150g) Frozen Raspberries
- 1 Cup (150g) Frozen Blackberries
- 1 Cup (150g) Frozen Blueberries
- 1 Cup (150g) Coconut Yogurt
- 1 Tablespoon Chia Seeds



Energy Balls

INGREDIENTS

- 2 Fresh Dates (30g) Pitted
- 1 Cup (150g) Nut butter
- 1 Cup (150g) Cashew nuts
- 1 Cup (150g) Cacao powder
- 1 Cup (150g) Coconut oil
- 1 Tablespoon Chia Seeds
- Desiccated Coconut
- Grab the blender throw it all in.
- Zap it - 30 sec later - roll ingredients into bite size balls and cover with desiccated coconut.



Bacon Crisps with Avo Dip

INGREDIENTS

- 3-5 Slices Bacon
- 1-2 Avacados
- Drizzle of Olive Oil
- Pinch of Chilli Flakes
- Grill the bacon until crisp
- Smash the avocados, drizzle of olive oil, pinch of chilli flakes.



Gluten Free Pancakes

INGREDIENTS

- 1 Egg
- 1 Banana
- Drizzle of Olive Oil
- Maple syrup
- Blueberries
- 1-2 Slices Bacon
- Grill the bacon until crisp
- Heat a frying pan with a little oil or butter
- Mix the egg and banana
- Pour egg/banana mix into frying pan, once golden add maple syrup, blueberries and bacon



Gluten Free Banana Bread

INGREDIENTS

- 2 Eggs
 - 2 Bananas
 - 1 Teaspoon gluten free baking powder
 - 1 Teaspoon vanilla paste
 - 1 Table spoon cinnamon powder
 - 1/2 cup almond flower
 - 1 Cup rice / gluten free flour
 - 75g organic butter/ coconut oil
 - Pinch of salt
- Preheat the oven to 175. Add greaseproof paper to a standard loaf tin and grease with coconut oil
 - In a bowl mash the bananas, add the eggs, GF baking powder, Maple syrup, vanilla paste, cinnamon powder and mix well with a whisk. Add the Almond flour and GF flour – Mix.
 - In a pan on a low heat gently melt the butter and then add to the mixture, add a pinch of salt, stir and pour into your tin.
 - Add to the oven for 20 – 35 minutes until golden brown on top and cooked through. (check by piercing with a knife – if it comes out clean it will be ready)Once cooked leave to cool a little and then slice.



As you embark on this snacking adventure armed with the power of nutritious choices, remember: life is too short to cry over spilled almond milk or mourn the loss of a rogue grape that rolled under the fridge.

So, here's to avoiding "snaccidents," celebrating every successful crunch, and savouring the victory of a well-executed snack strategy.

May your celery sticks always be crunchy, your hummus forever flavourful, and your resolve to dodge the siren call of the office vending machine unwavering.

Now go forth, snack ninja, and let the crunching commence! Until next time, stay snack-savvy and keep those cravings at bay. Happy munching!

In Health & Happiness
Christian

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