



**THE MINDFUL COOK**

MIND • BODY • FOOD

# 10

## *Nutritious Snack Ideas & Recipes*



**Keep these yummy recipes on hand to  
super-charge your snack time!**

# Who Doesn't Like a Snack?

Let's face it, we all do. Eating little and often helps to balance blood sugars and keep you energised. If you have some nutritious snacks available it's more likely that you'll make choices that honour your health too.

If you're a regular chocolate or crisp snacker, try changing the food you snack on to more nutritious choices and make sure you have them to hand when you're likely to want to snack. Avoid what I call "air foods" – these are familiar to dieters - rice cakes, puffed cereal, popcorn, and sugar free, artificially sweetened drinks and food products - most of this stuff is nutritionally deficient and ends up making you more hungry....

Here are my top 10 snack ideas, with recipes to keep you healthy, satisfied and happy!







## **Roasted Chickpeas:**

1 Can chickpeas

1 Tbsp olive oil

2 Tsp salt

Cracked black pepper

2 Tsp spices - whatever you fancy: chili powder, curry powder, garam masala, cumin, smoked paprika, rosemary, thyme, or others.

## **Method:**

Heat the oven to 200 C. Rinse and drain the chickpeas. Dry the chickpeas by patting with a paper towel.

Toss the chickpeas in the olive oil & salt and spread out in an even layer on a rimmed baking sheet. Stir with your hands or a spatula to make sure the chickpeas are evenly coated.

Roast the chickpeas for 20 to 30 minutes. Shaking the pan every 10 minutes. A few chickpeas may pop – that's normal. Chuck in the spices and coat and then pop back in for another 10 minutes.

The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle. Pop them in an airtight container for up to a week - they will gradually lose their crispiness as they cool, becoming amazingly chewy.



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## **Coconut and Pistachio Energy Balls:**

135g Good flaked or desiccated coconut

1 Tbsp sesame seeds

40g Almond butter

25g Sticky liquid sweetener of choice (agave, honey or maple syrup)

Mix in:

1 Tbsp smashed pistachios

1 Tbsp finely chopped apricots

### **Method:**

Place all the ingredients in a large mixing bowl and stir to combine. Once combined add some pressure to get it to start sticking together. If the mixture seems too wet, add more coconut, if it's too dry, add a bit more nut butter, hot water or sticky sweetener. It should create a sticky mixture that holds together when lightly squeezed. Pop the bowl in the fridge for 10 mins to cool (this will make the balls easier to roll later on).

Wash your hands thoroughly and get stuck in! Portion into the desired size and use your hands to shape into balls.

Store energy balls in an airtight container in the refrigerator for up to 1 week or freeze for up to 2 months.

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## **Fruit and Nut Butters:**

Ever come across the peanut butter and jam combo? This is the healthy equivalent. Nut butters are filling and packed with protein and if you have a sweet tooth, the fruit combination is perfect!

## **Nut Butters:**

Choose wholefood varieties like: Whole Earth, Pip and Nut and Meridian and either smooth or crunchy - I like a crunch!

1 Tsp of Peanut, Almond or Cashew Nut Butter

## **Fruit:**

Choose from dates, slices of apple or pear or bananas.

If you are using dates, slit them open down the middle and spoon in the nut butter, if you are using fruit simply slice it and add a dollop of nut butter.

Enjoy!





# 4

## **Mixed Nuts and Dark Chocolate:**

Dark chocolate is rich in minerals, like iron, magnesium, and zinc. The cocoa in dark chocolate also contains antioxidants. To get these nutritional benefits always got for 80% cocoa solids and above.

300g Bag of mixed nuts

100g Bar of dark choc 80% cocoa solids or above

## **Method:**

Pop the chocolate bar in the fridge for an hour or so. When you take it out pop it in a food bag and bash it with a rolling pin to break it up. Put the nuts in a mixing bowl, add the chocolate, mix well and then pop into an airtight box. Will keep for up to a month - but I'm guessing it will dissapear before!





# 5

## **Pitta and Hummus:**

2 Pitta breads cut into triangles

Olive Oil

## **Hummus:**

To save on time buy it off the shelf, or try these recipes:

### **Lentil Hummus:**

150g Cooked Puy lentils (you can buy these from Merchant Gourmet)

1 Tbsp Tahini

2 Tbsp Olive oil

2 Cloves Garlic crushed

Juice of half a lemon

1 Tsp Cumin

Seasoning

### **Chickpea Hummus:**

1 x 400g tin of chickpeas

1 Small clove of garlic

1 Tbsp Tahini

Juice of Half a Lemon

Extra virgin olive oil & seasoning

Pop all the ingredients into a blender (or nutri bullet) and blitz to form a hummus. Drizzle with oil and a few pumpkin seeds. Brush your bread with the olive oil and bake on a 160C for 10 minutes.



# 6

## Healthy Brownies:

300g Dates

200g Ground Almonds

50g Desiccated coconut

1 Tbsp Honey

### Method:

Turn the oven on to a 180C.

Soak the dates for 10 minutes in hot water. Drain off and pop into a blender and blend to a paste. Pop the date paste into a mixing bowl with all the other ingredients and mix in well – you will need a little elbow grease to get it to stick together and mix well!

Use a small baking tray with lipped sides and push your mixture down into it to form a rectangle about 1.5cms deep.

Pop them in the oven and bake for 15 minutes. When they come out, top them with desiccated coconut mixed with a little more Maca and grate some dark choc over the top for good measure.



# 7

## Yoghurt Covered Frozen Blueberries

You can freeze just about any berries. They will retain their nutritional value and are great to chew on in the summer months. This is an extra twist on that idea!

100 g Fresh blueberries or strawberries/raspberries  
125 ml Full fat Greek Yoghurt or a plant based yogurt

### Method:

Mix the blueberries and yoghurt together in a bowl.

Using a fork, drop the yogurt covered berries one-by-one onto a parchment lined baking sheet.

Place the tray in the freezer. The berries should be frozen enough to handle in 20-30 minutes (depending on your freezer).

Peel the berries off the parchment paper and store them in an air-tight container in the freezer, or eat straight away!







## Edamame 'Eaven

Edamame beans are young soy beans. They are low in cholesterol, contain protein and calcium, fill you up and I love them! So here's a couple of ideas.

Top tip: You can buy them frozen in most supermarkets. Don't defrost them before either of these recipes because they will go all squishy :)

200g Frozen Edamame Beans

Salt

### **Method:**

Simply pop the beans in boiling water for 3 minutes, drain well, salt and eat!

## 8.5

500g Bag frozen shelled edamame

3 Tbsp Finely grated Parmesan

Cracked Black Pepper

1 Tbsp Olive Oil

### **Method:**

Preheat oven to 190 C. Line a baking sheet with foil. Pour the frozen edamame on to the sheet and pop on the Parmesan and pepper. Drizzle on the olive oil and toss with your hands until evenly combined. Bake for about 20 minutes or until the edamame is crispy..

The beans will keep in an airtight box for a few days



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## Oatcakes and.....

Good quality rough oatcakes are a healthier option than crackers and other savoury biscuits because they are higher in dietary fibre, and therefore slower to digest, releasing sugars slower keeping you fuller for longer. Add a bit of protein and this is a well balanced snack option!

Rough Oatcakes (like Nairns)

### **Method:**

Add any choice of protein toppings:

Cottage cheese

Nut butter

Hummus

Tuna

Feta

Add these for extra nutrition: Beetroot, Avocado, Tomatoes, Spinach or Nuts.

Try them with bananas, walnuts and a teeny drizzle of honey for sweetness!



# 10

## Vegetable Crisps

A great deal of the goodness available in veggies is in or near the skin. You can make these crisps either by saving up your peels, or by using peels and veggie flesh. This recipe uses both, but if you are just using skins, follow the same method.

120g Sweet Potato

120g Carrot

120g Parsnip

100g Beetroot

1 Tbsp Olive Oil

Seasoning

### Method:

Preheat the oven to 180°C. Slice the vegetables very thinly – a mandoline slicer is perfect. Pop the slices into a bowl and add the oil and seasoning and mix in well with your hand to coat.

Use a decent size baking tray, and lay the slices out flat so they don't overlap. You may need to cook them in separate batches depending on the size of your oven and tray.

Cook for 20-30 minutes, until lightly browned. It's vital to turn the vegetables frequently during cooking as they can easily burn. You may need to remove some crisps before the 20 minutes is up too, as some will cook faster than others. When all the crisps are ready, allow them to cool then mix together and serve.





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