



SNACK IDEAS

Vegetarian

Homemade trail mix: with combination of raw, unroasted, unsalted nuts and seeds (almonds, Brazil nuts, walnuts, macadamia nuts, sunflower seeds, pumpkin seeds, chia seeds, sesame seeds, hemp seeds), shredded coconut, & raw cacao nibs.

Cut up veggies: broccoli, celery, cauliflower, bell peppers.

- Buy a variety of vegetables, cut up and put in ziplock bags for easy access.
- Always eat with a healthy fat source like an avocado or a spoonful of raw nut butter.
- Leftover cooked sweet potatoes or yams, cut into slices with smeared nut butter is delicious!

Hard boiled eggs: always buy eggs from healthy, pasture-raised chickens. Boil a half-dozen eggs on Sunday night, aim to eat one a day.

- Guacamole Deviled Eggs*
- Egg Salad: diced avocado, diced hardboiled egg, diced tomatoes with a dab of dijon mustard and sea salt (You can also use Primal Mayo; DO NOT add commercial mayonnaise!)

Chia Pudding: 2 tablespoons chia (+ optional 1 tablespoon hemp seed) soaked in 4 oz of coconut milk and refrigerated for at least 2 hours. Add a small amount of raw honey to desired sweetness. Top with fresh blueberries.

Flourless flax crackers topped with sprouted hummus and avocado.

Fresh avocado: sprinkle with lemon and sea salt to enhance flavor.

Homemade Paleo Granola Bar* or another homemade energy bar*

Clean store-bought bars: Simple Square Organic Food Bar, Gather bars, Rx bar

Plantain Chips: dipped in salsa or mashed avocado, topped with nut butter, etc.

Paleo Tortilla Chips* dipped in mashed avocado or homemade salsa

Nut butters: Try almond butter or deliciously sweet macadamia nut butter and enjoy with apples, celery, carrot sticks or on flourless flax crackers. Make sure you always purchase raw.

Organic olives: try them stuffed with almonds or garlic.

Coconut chips: Toast unsweetened coconut chips over low heat 10-15 minutes or until just slightly brown, add cinnamon and enjoy.

Lettuce wraps: pre-wash individual lettuce leaves so that you can fill them like a sandwich with dairy-free pesto, avocado, tomato, etc.

Superfood Smoothie**

Raw Tapioca Pudding**

Homemade grain-free granola:** top with organic coconut milk for a yummy treat.

Kale Chips**

Sweet Potato Chips**

Easy Avocado Dip** with cut up veggies

Homemade soup

Coconut Cacao Smoothie**

*** see included recipes*

Healthy Snack Tips

- try to stay away from foods found in a box or bag
- if you do choose to eat a processed food, check the label - make sure there is no added sugar in any form, hydrogenated or partially hydrogenated oils, high fructose corn syrup, or artificial colors or flavorings
- prepare enough food for dinner so there will be leftovers to use for snacks and lunch the following day

RECIPES

Paleo Granola Bars

1 cup blanched almond flour
¼ teaspoon celtic sea salt
¼ cup grassfed butter
2 tablespoons honey
1 tablespoon water
1 teaspoon vanilla extract
½ cup unsweetened shredded coconut
½ cup pumpkin seeds
½ cup sunflower seeds
¼ cup blanched slivered almonds
¼ cup raisins

In a food processor combine almond flour and salt. Pulse in butter, honey, water and vanilla. Pulse in coconut, pumpkin seeds, sunflower seeds, almond slivers and raisins. Press dough into an 8 x 8 inch baking dish, wetting your hands with water to pat dough down. Bake at 350° for 20 minutes. Cool bars in pan for 2 hours, then serve.

Grain-Free Granola

- ½ cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- 1½ cup blanched almond flour
- 1 cup shredded unsweetened coconut
- 1 cup almonds chopped or slivered
- 1 cup walnuts chopped or slivered
- 1 cup pecans chopped or slivered
- ¼ cup chia seeds (you can substitute any other variety of raw nuts and seeds)
- ¼ cup raw cacao nibs
- ½ cup coconut oil
- ½ cup 100% raw mild honey
- 2 teaspoon vanilla
- 1 teaspoon sea salt
- 2 tablespoon unsweetened cacao powder – as
- 1 tsp cinnamon

Preheat oven to 275°F. In a large mixing bowl, combine all the dry ingredients and mix well. In batches, pulse the dry ingredients in a food processor until crumbly. Don't over pulse or it will become flour. You want it the consistency of granola. In a small saucepan, combine coconut oil, honey, vanilla, sea salt, cacao powder and sea salt. Gently heat on the stovetop until melted. Once warm, pour your wet ingredients over your dry seed and nut mixture and mix well with a fork to ensure you coat everything. Place your mixture on a parchment paper lined baking sheet and spread thin and evenly. Bake in the oven for 25 minutes. Remove from the oven, put everything back in the bowl and stir around to ensure nothing burns. Re-spread it on the baking sheet. Place back in the oven for 5 minutes. Remove and let cool. It tastes better cold and also develops its crunchiness as it cools. Serve in a bowl with some almond or coconut milk and enjoy.

Guacamole Deviled Eggs

- 6 large hard boiled eggs, cooled and peeled
- 2 ripe avocados
- ¼ cup cilantro, finely chopped
- 1 tablespoon chives, finely chopped
- 1 tablespoon lime juice
- ½ teaspoon celtic sea salt
- 1 teaspoon red pepper flakes
- chili powder, for garnish

Cut eggs in half and remove yolks. In a bowl, mash yolks and avocados. Stir in cilantro, chives, lime juice, salt, and red pepper flakes. Scoop filling into egg whites with a 1 tablespoon ice cream scoop. Refrigerate until serving. Sprinkle with chili powder. Serve.

Paleo Tortilla Chips

(makes 40 chips)

1½ cups blanched almond flour
½ cup golden flaxmeal
2 egg whites
½ teaspoon celtic sea salt

Place almond flour, flaxmeal, egg whites, and salt in a food processor. Pulse until a ball of dough forms. Separate dough into 2 halves. Place each piece of dough between 2 pieces of parchment paper. Roll out dough to ⅛ inch thick, or even thinner. Remove top piece of parchment paper. Transfer bottom piece of parchment paper with rolled out dough onto a baking sheet. Repeat process with remaining piece of dough. Cut into triangular wedges 2½ inches on each side. Bake at 350° for 10-12 minutes. Serve.

Stuffed Dates

(makes 20 stuffed dates)

1 cup pistachio nuts, shelled
¼ cup orange juice, freshly squeezed
1 teaspoon orange zest
1 pinch celtic sea salt
20 large dates

In a food processor, pulse pistachios, orange juice, orange zest and salt. With a sharp knife, make a slit on one side of each date and remove the pit. Push a teaspoon of pistachio paste into each date; gently squeeze closed so that filling spills over. Serve.

Cranberry Coconut Power Bars

(makes 25 bars)

1 cup hemp seeds
½ cup golden flaxmeal
½ cup dried cranberries
½ cup coconut butter
1½ cups unsweetened shredded coconut
⅛ teaspoon vanilla stevia
⅛ teaspoon celtic sea salt

In a food processor, pulse together hemp, flax, and cranberries. Pulse in coconut butter, shredded coconut, salt and stevia. Press mixture into an 8 x 8 inch baking dish. Refrigerate for 2 hours until firm. Serve. Store in the refrigerator.

Paleo Graham Crackers

(makes 24 small crackers)

1½ cups blanched almond flour
1 tablespoon arrowroot powder
¼ teaspoon celtic sea salt
2 tablespoons yacon syrup

In a food processor combine almond flour, arrowroot, salt, and yacon syrup. Process until dough forms. Roll out between two pieces of parchment paper to ¼ inch thick. Cut dough into 6 (5 x 2.5 inch) rectangles. Score rectangles into 4 equal parts and poke holes in the surface. Bake at 350° for 6-9 minutes. Cool for 1 hour, then serve.

Raw Coconut Balls

1 - 1½ cups unsweetened shredded coconut
¼ cup coconut flour (optional)
2 Tbsp raw coconut oil, melted
2 - 4 Tbsp raw honey or pure maple syrup
1 Tbsp vanilla extract
⅛ tsp sea salt

Combine all ingredients in a food processor and process until well blended. Place mixture in parchment lined container and refrigerate for about one hour to set. Once mixture is firm, remove and roll into small snack balls. These can be easily stored in an airtight container in the refrigerator for about 2 weeks or in the freezer for the long-term. For storage, it is helpful to separate stacked layers of balls with parchment paper to prevent sticking. They will melt if left out for too long, so keep cool if you are on the go.

Paleo Power Bars

½ cup slivered almonds
½ cup pecans
¼ cup blanched almond flour
¼ cup unsweetened shredded coconut
¼ cup almond butter
¼ cup coconut oil
1 tsp pure vanilla extract
½ tsp of raw honey
¼ teaspoon sea salt
½ cup dried cranberries or blueberries, unsweetened

On a cookie sheet, toast nuts and shredded coconut until golden brown (you may need to shake the tray once or twice to make sure they cook evenly). Once toasted, pour mixture into a food processor and pulse until nuts are chopped and the mixture becomes coarsely ground. In a small saucepan, melt coconut oil and almond butter. Stir until smooth. Add vanilla extract, honey and sea salt. Mix thoroughly. Fold in nut mixture and almond flour until mixed thoroughly. Fold in blueberries/cranberries. Press mixture into an 8 by 4 loaf pan. Refrigerate for 20 minutes or until firm. Cut "loaf" width wise. Should make 6 good-sized bars. Enjoy! If you don't plan to eat immediately, you can store the bars in the refrigerator, covered loosely with a paper towel and plastic wrap.

Coconut Bars

3 eggs
1 cup coconut milk
⅓ cup coconut oil
⅓ cup honey
1 tablespoon vanilla extract
½ cup blanched almond flour
1 tablespoon coconut flour
1½ cups unsweetened shredded coconut
¼ teaspoon celtic sea salt

Mix eggs, coconut milk, oil, honey, vanilla in a food processor. Pulse in almond flour, coconut flour, shredded coconut and salt. Transfer ingredients into an 8x8 inch Pyrex baking dish. Bake at 350° for 30 minutes. Cool for ½ hour, then place in refrigerator and serve when chilled

Sesame Bliss Balls

1 cup toasted sesame seeds
½ cup golden raisins or regular raisins
2 teaspoons ground ginger powder
2 inches fresh ginger root, peeled and chopped
2 teaspoons ground cumin
1½ teaspoons ground cardamon
2½ tablespoons ghee or coconut oil

Place all the ingredients except for the sesame seeds in a mixer and mix until smooth. With your hands roll the mixture into small balls. Then pour the toasted sesame seeds on a chopping board and roll the balls in it to top. Place the balls on a plate and refrigerate until hard.

Fruit and Nut Cookies

¼ cup coconut flour
½ cup almond butter
6 pitted dried dates, soaked in warm water for 15 minutes
¾ cups shredded coconut
½ cup unsweetened applesauce
2 medium eggs (or 2 tablespoons finely ground flaxseed + 5 tablespoons warm water)
½ tablespoon cinnamon
1 teaspoon vanilla
¼ teaspoon salt
½ teaspoon baking soda
2 tablespoons dried unsweetened dark cherries
2 tablespoons chopped walnuts
3 tablespoons currants

Preheat your oven to 350 degrees. If you're doing the vegan version, whisk your ground flax and warm water in a bowl and let it sit for 5-10 minutes until it has thickened. Combine the coconut flour, almond butter, and dates in a food processor. Process until well combined and the dates have broken up into really small pieces, about a minute. Add the shredded coconut, applesauce, eggs or flax "eggs", cinnamon, vanilla, salt and baking soda and process for 30 seconds until a wet dough forms. Add in the remaining ingredients, and pulse once or twice until the fruit is incorporated into the dough but chopped up. Using an ice cream scoop or large tablespoon, drop the dough in heaping spoonfuls onto a cookie sheet lined with a SilPat or parchment paper. Dip a metal spatula in water, and use the bottom to lightly press down each ball of dough. These cookies will not spread or rise so make sure to make them the shape you want them prior to baking. Bake for 12-15 minutes, until they are golden on top and slightly brown along the edges.

Raw Superfood Balls

½ cup coconut oil
1 cup raw cashews
2 cups raw cacao powder
¼ cup hemp seeds
pinch of vanilla bean or 1 tsp organic, vanilla extract

1/3 cup raw honey
2 pinches of sea salt
1/2 cup pecans (optional)
1 cup shredded dried unsweetened coconut

Melt the coconut oil (if needed) by placing measuring the coconut oil into a glass measuring cup then place the measuring cup inside of a pot of warmed water that has been heated slightly. Remember, we don't want to melt it too fast so melt it slow using warm water instead of boiling water. While the the coconut oil is melting, place the cashew nuts into the food processor and blend until they have become a fine powder. Next, add the raw cacao, hemp seeds, vanilla bean, honey, agave nectar, sea salt, and melted coconut oil. Process until completely mixed. The mixture will be a dark chocolate brown and doughy. Add the whole pecans into the food processor and pulse to mix throughout. We want to see the pecans in the dough, not a fine powder. Instead you can cup up the pecans and mix by hand into the dough. Place the shredded dried coconut onto a plate, roll the dough into little melon ball sizes, then roll the ball into the coconut. Roll until complete and refrigerate.

Kale Chips

2 bunches of curly Kale
1 Red Bell Pepper
1 Cup Cashews (soaked in water 8 hours, rinsed)
1 Lemon (juice of)
3 Tbsp Raw Apple Cider Vinegar
1 Tbsp Nutritional Yeast
2-3 cloves garlic

Soak cashew in water for 8 hours (overnight). Rinse & Drain. Place Cashews, Lemon Juice, Apple Cider Vinegar in Blender and blend until smooth. Add Red Bell Pepper and blend. Add all remaining ingredients, bend until smooth. There should not be chunks of nut, it should have a creamy texture. Remove Kale greens from stalk/inner spine. Mix Cashew Sauce onto Kale greens and place on dehydrator trays.

Make it Raw: Arrange the kale in a single layer on a Teflex-lined dehydrator tray. Dehydrate at 105F for 8 hours or overnight, until crisp.

Make it Baked: Preheat the oven to 300°F and grease a baking sheet with coconut oil. Arrange the kale in a single layer on the baking sheet and bake for about 15 minutes. Remove the pan from the oven and use a fork or spatula to carefully flip the kale chips over. (It's ok if you miss a few.) Bake for 5 to 10 more minutes, watching carefully to make sure the kale doesn't burn, then remove from the oven and let cool completely.

Pizza Kale Chips

1/4 cup sunflower seeds, soaked for 2 to 4 hours and drained
1/4 cup hempseeds
1/4 cup nutritional yeast
1/4 cup sundried tomatoes, soaked for 30 minutes and drained
1/2 large red bell pepper, seeded and chopped
1 clove garlic, peeled
2 tablespoons lemon juice
2 tablespoons filtered water
1/2 teaspoon dried oregano
1/2 teaspoon fennel seeds

½ teaspoon sea salt
¼ teaspoon crushed red pepper (optional)
2 bunches kale, tough stems removed, roughly chopped (6 to 8 cups)

Combine all ingredients except kale in a high-speed blender and blend until smooth, adding a splash of water if needed. In a large bowl, combine the kale and the pizza sauce. Use your hands to massage the sauce all over the kale, making sure it's coated completely.

Make it Raw: Arrange the kale in a single layer on a Teflex-lined dehydrator tray. Dehydrate at 105F for 8 hours or overnight, until crisp.

Make it Baked: Preheat the oven to 300°F and grease a baking sheet with coconut oil. Arrange the kale in a single layer on the baking sheet and bake for about 15 minutes. Remove the pan from the oven and use a fork or spatula to carefully flip the kale chips over. (It's ok if you miss a few.) Bake for 5 to 10 more minutes, watching carefully to make sure the kale doesn't burn, then remove from the oven and let cool completely.