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HOLISTIC NUTRITIONIST AND STRENGTH COACH

QUICK AND HEALTHY SNACKS

*Wholesome, nutritious recipes
guaranteed to satisfy*



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Introduction

Snack time shouldn't be just about staving off the hunger pangs and keeping you going until the dinner bell. It is a prime opportunity for nourishment.

A healthy snack should have many if not all the elements of a healthy meal. It should be a clean source of protein, some healthy fats, and complex carbohydrates. Using fresh, high-quality ingredients will boost your daily consumption of micro-nutrients also.

Homemade snacks ensure ultimate control over the ingredients going into your mini meal. Organic ingredients are recommended and making your own snacks allow you to change things up from batch to batch and add or subtract certain items based on your unique tastes or the unique tastes of your toughest critics.

A few select kitchen appliances such as a blender and a food processor can make life a lot easier and afford you a lot of options for snacks and larger meals.



Mixed Berry Smoothie

Smoothies are incredibly versatile and offer endless variations. This is a simple base recipe that is extremely delicious and just fine as is. Mixed with yogurt it can be a high protein option for a post-workout recovery meal and add hemp hearts, nuts or granola for a healthy but sweet dessert. Kids love that one!

In a blender combine:

2 cups frozen berries in any combination
1 banana
2 cups water
1 tbsp coconut oil or extra virgin olive oil (optional)
1 tsp grated ginger (optional)
4 handfuls baby spinach (nobody will ever know, trust me)
Blend until smooth.

If using fresh berries, add ice until you reach the desired consistency.

For alternative options for fruit try:

- Mango
- Pineapple
- Papaya
- Kiwi
- Cherries

For subtle flavour variations add:

- Lemon zest
- Orange zest
- Mint

For some added fibre and Omega-3s, try adding some fresh ground flax seeds.

No-Bake Granola Bars

This recipe is fast, easy and bulletproof. It's perfect for lunches, grab-and-go snacks, or even for a healthy dessert. While variations are virtually endless, this recipe offers a fantastic opportunity to pack as many nutrients as possible into a pocket-ready bar that is also wheat-gluten free. Add almonds or other types of nut if you like or keep them omitted to remain sensitive to those with nut allergies.

Ingredients:

- 1 cup large flake oats
- 1 cup coarsely-ground large-flake oats or quick oats
- 1 cup crisped rice
- ½ cup hemp hearts
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- ¼ cup dried fruits (raisins, cranberries, chopped apricots, etc.)
- 1 tbsp ground flax seeds
- 3 tbsp coconut oil
- ¼ cup raw honey
- ½ cup brown sugar
- ½ tsp salt
- 1 tsp vanilla
- ½ tsp cinnamon

Begin by pulsing 1 ¼ cup (for 1 cup finished product) of large flake oats in a food processor for a few seconds. You could also use quick oats and not put them into the food processor.

In a large mixing bowl, combine the oats, crisped rice, hemp hearts, seeds, salt and cinnamon.

In a medium saucepan, heat the coconut oil, honey, and brown sugar until it reaches a boil and allow to boil for 1 ½ to 2 minutes. Remove the hot mixture from the heat source and carefully add the vanilla (Careful: it may splash, so add a little at a time). Pour the wet mixture over the dry ingredients and fold together until incorporated. If you plan on adding chocolate chips, let the mixture cool a little first to prevent the chocolate chips from melting.

Work in the dried fruit and pour into a 9x13 pan lined with plastic wrap. Make sure to get the mixture evenly distributed into the pan and then cover with plastic wrap. Press the whole thing down until firm (the more firm the better the bars will hold together once they've been cut).

Put in the fridge for an hour, remove and cut into bars.

Oat, Banana and Blueberry Muffins

Let's be clear, these are not your typical mini cakes one might bake as an excuse to smother icing on something. These muffins are wheat-gluten free, nut free (if you require them to be), and the perfect vessel for many superfood options. As well, they can very comfortably stand-in as an extremely healthy, on-the-go breakfast option.

Ingredients:

1 ¼ cups large flake oats	½ cup hemp hearts
1 ½ cups finely processed oats (refer to directions)	½ cup pumpkin seeds
½ cup 2% plain yogurt (low fat is also an option)	1 tbsp ground flax seeds
½ cup almond milk	2 tsp baking powder
¼ cup brown sugar -or-	1 tsp baking soda
¼ cup apple sauce	1 egg
3 tbsp raw honey	1 tbsp vanilla
1/3 cup coconut oil	½ tsp salt
2 large ripe bananas	½ tsp nutmeg
1 cup blueberries	1 tsp cinnamon

First, mix 1 ¼ cups of large flake oats with the yogurt, almond milk, nutmeg and cinnamon and let stand for 10 minutes.

While the mixture sets, put 2 cups of large flake oats into a food processor and grind until you are left with 1 ½ cups of what resembles a coarse flour. Transfer the oat flour to a large mixing bowl and combine it with the hemp hearts, baking powder, baking soda, pumpkin seeds, ground flax, brown sugar and salt.

In a separate bowl, combine a lightly-beaten egg, with 2 mashed bananas, apple sauce, vanilla, softened raw honey and slightly warmed coconut oil. The raw honey and coconut oil are solid at room temperature, but are easily mixed with the wet ingredients if you warm them gently first. You can do this by microwaving a glass bowl half-filled with water for a couple minutes, discarding the water and using the hot bowl to warm up the honey and coconut oil.

Combine all the ingredients and then mix in the blueberries, being careful not to over-mix the works. Spoon into muffin tins and put into a pre-heated 375 degree oven for 18-20 minutes. Baking times may vary with appliances.

This recipe should yield 12 – 15 muffins and can also be used to make a loaf with extended baking times.



Almond Butter

This super simple recipe can be used as a spreadable peanut butter substitute and as a dip for apple slices. The only things you need are a baking sheet and a food processor.

Combine:

- 3 cups blanched almonds
- 3 tbsp honey
- 2 tbsp canola oil
- 2 tbsp sesame oil
- 1 tbsp sea salt

Mix the whole works together and spread out on a parchment paper lined cookie sheet. Bake at 350 degrees for 10 minutes and allow to cool for 10 minutes. Blend in a food processor, adding a little extra canola oil until you reach your preferred consistency. If you like it crunchy, pulse $\frac{1}{4}$ of the mixture first to chop the almonds, and put aside to be added back at the very end. Enjoy