

## 10 QUICK & EASY Snacks

**Coconut-Chia-Cocoa Chia Pudding Cup** - Blend 2 cups coconut (or almond milk), ¼ c. or more of chia seeds, 2 tbsp. raw cocoa powder, and 2 tsp. coconut sugar (or ½ tsp stevia). Pour ¼ cup into tiny ramekins or cups and refrigerate for at least 2 hours. Top with a few fresh berries.

**Roasted Cauliflower Hummus** with Raw Veggies – Toss 2 c. cauliflower florets with 1 tbsp. olive oil and a pinch of salt and roast till golden and very tender. Process cauliflower with 1/3 c. ea. olive oil and tahini, 1 clove garlic, 1 large lemon (juiced) and ½-1 tsp. sea salt.

**Toasted Pumpkin or Sunflower Seeds** – Toast ½ c. seeds in 2 tsp. olive oil over medium heat, stirring frequently until golden brown and season with salt and pepper to taste.

**Crunchy Chickpeas** – Drain, rinse and then dry a 15 oz. can of chickpeas on a clean towel. Toss with 2 tbsp. extra virgin olive oil to coat. Sprinkle with sea salt and choice of garlic or onion powder, dried oregano, curry or chili powder. Bake at 350 on sheet tray for 50 min or till crunchy.

**Coconut Manna and Goji Berries** – Warm jar of coconut manna over hot water to soften. Mix oils and solids together well and pour 1 heaping tbsp. over 2 tsp. goji berries and leave to harden. (Single serving)

**Kale Chips** – Stem 1 bu. kale leaves, toss with 2 tbsp. olive oil and salt to taste. Bake at 300 for 15 min. or till crisp.

**Egg Muffins** – Scramble 6 eggs and add ½ c. spinach, ¼ c. crumbled turkey sausage, ¼ c. goat cheese and ¼ c. fresh basil. Pour into silicone muffin cups and bake at 350 for 15 min. or until completely set.

**Rosemary and Sea Salt Sweet Potato Chips** – Slice 2 sweet potatoes to 1/8“ thickness. Toss in 1 tbsp. coconut oil, 2 tsp. rosemary, 1 tsp. sea salt and bake at 375 for about 20 minutes. Flip chips half way and bake till crisp.

**Cauliflower Popcorn** – Roast 1 head of trimmed cauliflower (florets) with 1-2 tbsp. olive oil a 1 tsp. sea salt at 425 degrees for about an hour, turning 3-4 times or until each piece turns golden brown. Serve immediately.

**Banana or Plantain Chips** - Slice into thin chips, dip in lemon juice, and spread on a cookie sheet. Bake for 2 hours at 200 degrees and flip. Bake for another 1.5-2 hours or until crisp.