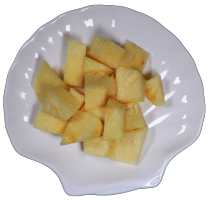
Fruit

Raw Fruit

Raw fruit is the best snack there is. It is delicious and nutritious and easy to take on the go.



I love peaches, pineapples and berries but watermelon is my favorite. Enjoy a wide variety of fruit.

Frozen Fruit

Frozen fruit is a delicious and refreshing treat especially in the summer time. Bananas and grapes are my favorite. Frozen bananas remind me of ice-cream and frozen grapes have a slushy consistency.

Fruit Dip

½ tbsp cacao

Fruit of your choice

Mix cacao powder with water until you get a consistency you like. Dip in your favorite fruit. I like mangos and strawberries.

Baked Fruit

Baked fruit is the perfect winter treat. I enjoy baking apples and pears. All you have to do is slice them up and but them on a parchment paper lined baking trap and baked them at 180° for 10-15 min flipping half way through. You can bake them whole as well. They are sweet and tasty on their own but you can add some cinnamon and nutmeg as well.

Roasted Chickpeas

Smokey Roasted Chickpeas

1 can chickpeas

1 tbsp Smoked paprika

Smokey Roasted Chickpeas

Drain and rinse your chickpeas. Dry them on paper towels or a clean kitchen cloth. You may notice some of the skin comes off. Pick off the ones you can but you don't have to get them all. Coat well with the smoked paprika. Place of a parchment paper lined baking try and bake at 180° for 15-20 min. Shake the chickpeas half way through the baking time. Watch carefully for the last 5-10 minutes, as they can burn easily.

Spicy and Cheesy Roasted Chickpeas

Replace the smoked paprika with the sriracha and nutritional yeast.

Try making these with your favorite flavors such as taco seasoning.

Eat these on their own for a great snack or add them to salads for an extra crunch. I use them in the train mix recipe later in this book

Spicy and Cheesy Roasted Chickpeas

1 tbsp sriracha

1 tbsp nutritional yeast

Hummus

Garlic Hummus

1 can of chickpeas

2 garlic gloves

2-3 tbsp lemon juices

Roasted Red Pepper Hummus

2 roasted red peppers

Garlic Hummus

Drain and rinse your can of chickpeas. Place them in a food processor with your peeled garlic cloves and lemon juice. Blend until smooth, adding water if needed.

Roasted Red Pepper Hummus

Add the roasted red peppers to the blender at the same time as the chickpeas. Be sure to use roasted red peppers in water not oil.

Use the garlic hummus recipe to make many delicious hummus flavors by adding extra ingredients, such as beetroot.

Dip your favorite veggies in hummus or add to a wrap. I also like watering it down a bit and using it as a salad dressing.

Energy Balls

1 cup Oats

1/2 cup Pitted Dates

Chocolate

½ tbsp Cacao powder

or

Berry

2 tbsp Blueberries

Chocolate Energy Balls

If your using dried dates, cover them in warm water and soak them for 20 minutes. Drain them and put them in the food processor. If your using fresh dates, just be sure they are pitted and put them in the food processor. Add the oats and cacao powder and blend. When it forms a dough and comes off the side of the food processor take it out. You may need to scrap down the sides a couple times while everything is blending. Roll the dough into little balls and refrigerate for 30 minutes.

Berry Energy Balls

Replace the cacao powder with blueberries.

Try adding some of your favorite flavors, such as coconut flakes.

Popcorn

Smokey and cheesy

3 tbsp popcorn

I tbsp nutritional yeast

1 tbsp smoked paprika

Air pop your popcorn without oil. White it is still hot, mix in the nutritional yeast and the smoked paprika.

Trail mix

3 tbsp popcorn

3 tbsp roasted chickpeas

1 tbsp mixed nuts

Prepare your roasted chickpeas.
Air pop your popcorn without oil.
Mix the chickpeas and the nuts to the popcorn.
Try adding some of your other favorite toppings such as dried fruit.