



HEALTHY SNACK RECIPES





Below, you will find a collection of delectable and nutritious snack recipes that not only satisfy your cravings but also fit seamlessly into your busy lifestyle. These snacks are specially curated to be convenient and portable, making them the perfect companions for your long workdays or when you're constantly on the move. Emphasizing both taste and practicality, each recipe guarantees a delightful experience, proving that eating healthily doesn't have to be complicated or time-consuming. So, whether you're looking to fuel up during a hectic day or simply seeking a guilt-free treat, these easy-to-make, shelf-stable snacks are sure to be a delightful addition to your routine. Get ready to indulge in the goodness of these homemade creations, crafted with love and care for your well-being. Let's embark on a journey of flavorful and nourishing delights!





HOMEMADE GRANOLA

Ingredients

1 cup oats
1/3 cup nuts of your
choice (can be assorted)
1 Tbsp olive oil
1 pinch salt
1 Tbsp honey
½ tsp cinnamon
¼ cup dried fruit or chia
seeds

Method

1. Combine your oats with your nuts. Heat a pan on medium-high heat, and add olive oil or coconut oil. When the pan is hot, add the nuts and oats, and cook for a few minutes until they are toasted (they will turn slightly brown and you will begin to smell them).
2. When the oats and nuts are toasted, add the salt and honey, and keep cooking. Next, stir in the cinnamon.
3. Remove the granola from the pan, and let it rest until it is cool (this will help it crisp up). Add the dried fruit or chia seeds and mix up your granola.

If you make a large batch of this granola, you can store it in an airtight container for a few months.



Ingredients

Assortment of seeds, nuts,
dried fruits

DIY TRAIL MIX

There are various
different combinations of
trail mixes you can try

1. Dates, Sunflower seeds, almonds and walnuts
2. Dried cranberries, cashews, almonds and dark chocolate
3. Dried Apricots, Raisins, Pumpkin Seeds, Chia Seeds
4. Dried coconut shavings, walnuts, roasted almonds, roasted melon seeds, dried figs.
5. Dried cranberries, almonds, roasted melon seeds
6. Dried cranberries, dried blueberries, flaxseeds, melon seeds, peanuts, sunflower seeds, cashews



ALMOND FLOUR CRACKERS

Ingredients

1 cup almond flour
1 Tbsp ground flax seeds
1/4 tsp Salt
1/4 tsp black pepper
1 tsp dried oregano
1 Tbsp olive oil
2 Tbsp cold water
2 tsp chia seeds
2 tsp sesame seeds

Method

1. To a bowl add almond flour, ground flax seeds, salt, black pepper, and dried oregano, and mix well using a spoon.
2. Next, add olive oil and mix thoroughly so that the oil is distributed evenly. Then add cold water and mix once again. You will notice that lumps will start to form. Use your hands to press together the dough for a minute more.
3. Now, take the dough between 2 parchment papers, and pat it down to a rectangular shape. Roll it out using a rolling pin until you get an even thickness. Sprinkle chia and flax on tops of the strips and gently press down/ roll using the rolling pin.



4. Cut out equal-length strips/ or any shape of your choice, making sure your strips are not too thin or they will fall apart.

5. Place the strips on a baking sheet with parchment paper and bake in a preheated oven at 350F for 10 minutes. Flip the side, and bake for another 10 mins or until golden brown. Let it cool down completely before you pop one in!



12 bites

Ingredients

2/3 cup peanut butter
1/2 cup dark chocolate
chips
1 cup oats
2 tablespoons honey

ENERGY BITES

Method

1. Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.
2. Roll into 12 bites and store in the fridge for up to a week.



2 bowls

Ingredients

1 cup makhana
2 tbsp gram dal
2 tbsp roasted chana
2 tbsp peanuts
1 tbsp cashews- optional
few curry leaves
1/4 tsp turmeric powder
1/2 tsp red chilli powder
salt to taste

Method

1. Heat ghee in a pan and add the makhana. Roast until crisp. Transfer to a plate and set aside.
2. Heat oil in the same pan and add roast the gram dal, peanuts and cashews until golden brown.
3. Then add the roasted chana and curry leaves along with spice powders and salt. Give a quick mix and switch off the stove.
4. Add the roasted makhana and toss it well.
5. Allow it to cool down for a while, then store or serve.