



11 Simple Healthy Snacks to Eat When You Have the Munchies

...that are also kid friendly!

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Papaya and Peanut Butter Powder

You will love the juicy explosion of flavor in your mouth.

Ingredients:

- 1 cup cubed mexican papaya (the big ones with the dark orange flesh- the kind you will find already cut up in your grocery store!)
- 1 tablespoon peanut butter powder

Directions:

1. Cut up your papaya into bite size pieces.
2. Sprinkle with peanut butter powder.
3. Call a friend and tell them you've found your new favorite snack and tell them how to make it.



Cucumber Chips

I like to make these on a plate, not a bowl, so I can be sure to flavor each piece of cucumber evenly.

Ingredients:

- 1 persian cucumber
- Juice of ½ lemon
- ½ teaspoon kosher salt or sea salt
- 2 teaspoons toasted sesame seeds

Directions:

1. Slice cucumbers into ¼ inch-thick rounds.
2. Sprinkle with lemon, salt, and sesame seeds. Taste and adjust seasoning if needed. If you feel like it's too acidic and not flavorful enough..add salt. Think it's too salty, add lemon.



Nori with Guacamole

The only suitable substitute for chips. Avocados and nori were made to go together...as you will see on page 5 with the Nori Avocado Bomb.

Ingredients:

- Large pieces roasted organic nori
- Your favorite store bought guacamole or make my recipe <http://mealandaspiel.com/elanas-simple-guacamole/>

Directions:

1. Roll up nori into a big flattened cigar-like thing.
2. Dip in guacamole as if it were a spoon and eat.



Elana's Faux Hot Chocolate

What I drink every night before bed.

Ingredients:

- 2 cups unsweetened almond milk*
- 1-1 ½ teaspoons raw carob powder
- A sprinkle of vanilla powder or a few drops of vanilla extract.
- 3-6 drops clear liquid stevia, or to taste

Optional additions:

- 1 teaspoon extra virgin coconut oil
- 1 capful rosewater

*I prefer the Blue Diamond Brand as it doesn't separate when heated.

For The Original Faux-co

1. Heat almond milk over medium-low flame. Be careful as it will bubble over if left unattended.
2. Add the carob to the bottom of a mug or tall glass.
3. Add a couple fingers of hot almond milk and stir to mix in carob.
4. Add the rest of the almond milk.
5. Sweeten to taste with Stevia.

For Faux-Coco`

1. Same as above but stir the extra virgin coconut oil in at end for extra yummy goodness.

For the Cocoa Chanel:

1. Same as original recipe, but add the coconut oil and the rosewater.



Asian Avocado Bomb

I only recently invented this but now eat them several times a week. You will too.

Ingredients:

- 1 avocado
- Juice of half lemon
- Kosher salt- a pinch
- ½ teaspoon organic wheat-free tamari
- 1- 2 teaspoons toasted sesame seeds

Optional additions:

- Large roasted organic nori sheets
- 1 leaf radicchio
- 1 slice wild smoked salmon

Directions:

1. Slice avocado in half, remove pit.
2. Sprinkle a half of the avocado with lemon, salt, tamari, and sesame seeds, to taste. Eat with spoon.

For the AvocadoBomb.com

1. Place a leaf of radicchio on a large sheet of Nori. Squeeze dressed avocado on a it. Roll it up and shove in your mouth.

For the AvocadoBomb.com with Lox!

1. Add a piece of wild smoked salmon to your AvocadoBomb.com before you roll it up and eat it. Prepare to shocked in the best way possible.



Baby Carrots and Balsamic Glaze

Crunchies for the munchies!

Ingredients:

- organic baby carrots
- balsamic glaze

Directions:

1. Put carrots in a bowl.
2. Squeeze as much or as little balsamic glaze as you like.



Banana Peanut Butter “No-Milk” Shake

Chef’s Tip: I keep a large ziplock in my freezer for frozen bananas only. When I buy bananas, I immediately open some of them up (before they get bruised and too sweet), break them into thirds and stick them in this bag. Voila! I have frozen bananas for shakes and smoothies whenever I want. Now you will too.

Ingredients:

- (Approximately) 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- 1 heaping tablespoon peanut butter powder
- A handful of ice cubes

Directions:

1. Place banana in blender.
2. Pour almond milk until just covering bananas.
3. Add peanut butter powder. And Ice.
4. Blend.
5. Drink up, you sexy thing. ;)



Thai Tropical Fruit Salad

Remember from video: this salad tastes better if you cut up the fruit yourself. However, when you have the munchies, that could be too much of a pain in the tuchus. So try to simplify your life by buying already cut up fruit in your market.

Ingredients:

- 1 cup Mexican papaya (the big kind)
- 1 cup cubed pineapple
- 1 cup cubed mango- from one mango
- 1 banana, cut into slices
- 1-2 heaping tablespoons of unsweetened coconut yogurt
- 1 tablespoon unsweetened cocoa powder (cacao)
- ½ teaspoon cinnamon

Directions:

1. Put fruit in a bowl.
2. Add yogurt, cacao and cinnamon.
3. Taste. Adjust to your liking.
4. Keep leftovers in fridge...it will be delicious tomorrow and the day after tomorrow too.



Waffles with Cinnamon Sauteed Bananas

Let's call a spade a spade. No matter how health conscious we may try to be, there are times when the soul demands junk food and will not take no for an answer. Hugs, kisses, and warm words all feel nice, but until you sink your teeth into the *right* bite, there is no chance of ever achieving calm.

These waffles do it for me.

Look in your health food store for gluten-free waffles with a variety of grains or seeds like chia or amaranth. And if you'd like to add protein, try spreading some of your favorite nut/seed butter on the waffle just before the topping it off with the bananas.

Ingredients:

- 1 ripe banana
- 2 ½ tablespoon virgin coconut oil
- 2 pinches of cinnamon
- 1 frozen gluten-free multi-grain waffle

Directions:

1. Place a small pan over medium high heat for a few minutes. Meanwhile cut the banana into ½ inch rounds or ½ inch thick long oblong slices.
2. Add the coconut oil to the pan, let it melt and then lay the bananas down flat in it. Sprinkle with a pinch of cinnamon. Cook on each side for about 2 minutes, until the bananas are soft. If you'd like them more caramelized, cook for an extra minute or two per side. (I'm usually too impatient for this!)
3. Toast waffle according to package instructions and put it on a plate. Pour the oil from the pan on the waffle, as you would syrup, and then top with the bananas. Sprinkle on another pinch of cinnamon.



Nori Hummus Crunch Wrap

I'm telling you, healthy, feel-good eating doesn't get any easier (or better) than this.

Ingredients:

- 1 large piece roasted organic nori
- 1 teaspoon garlic fluff (optional)
- 2 tablespoons of hummus
- 6 chopped kalamata olives or 1 tablespoon olive tapenade
- 4 ½ inch Persian cucumber slices
- Handful of fresh herbs (choose one or use some of each) :cilantro, basil, mint, parsley- ripped roughly with your hands into smaller pieces

Directions:

1. Spread a little bit of garlic fluff onto a piece of nori.
2. Spread hummus onto the nori.
3. Layer kalamata olive pieces or spread tapenade.
4. Layer a few pieces of persian cucumbers.
5. Sprinkle chopped herbs.
6. Wrap up and eat it like you haven't eaten for a year.



Chocolate Crunchies

Remember from video: you can have creative license to “dress” your chocolate with whichever seeds or nuts you like. Below is my favorite combination. I like raw seeds (buckwheat is also a seed, fyi) because they are extra healthy, packed with protein and easy to digest.

Ingredients:

- 85 % dark chocolate bar
- 1 tablespoon coconut oil
- 1-2 tablespoons raw buckwheat groats
- 1-2 tablespoons raw pumpkin seeds
- 1 tablespoon raw sunflower seeds
- 2 tablespoons raisins or dried cherries
- 1 teaspoon sea salt or kosher salt

Directions:

1. Cover a baking sheet with parchment paper.*
2. Heat pan on medium heat for a minute or two. In the meantime, break chocolate bar into smaller pieces, place in pan.
3. Add coconut oil to pan, followed by the chocolate.
4. When chocolate has JUST melted, remove pan from heat. DO NOT LET IT BURN.
5. Using a spatula, pour chocolate out onto a parchment paper covered baking sheet.
6. Sprinkle buckwheat groats, seeds, raisins, and salt onto chocolate.
7. Put baking sheet in freezer for 15-30 minutes.
8. Once hard, break into pieces and eat!
9. Store in freezer or fridge.

*Don't know what parchment paper is? Don't freak out. Just buy it and use it. It is a great tool to keep anything your are baking or roasting on a baking sheet from burning and making a mess.