

# Healthy Snacking Challenge

We hope you enjoyed our last batch of healthy snack ideas and we bet that you've surprised yourself with how easy it is to avoid junk food options when you are prepared with delicious AND nutritious snacks in advance!

Let's keep that momentum going - why not give these ideas a try over the next few days?

## *Homemade Protein Bars*

Without the high-fructose corn syrup and overly processed ingredients, you can enjoy these protein bars as a great snack and it also makes a great treat for the kids!

### Ingredients:

- ½ cup coconut palm sugar or brown sugar
- ½ cup butter [option - reduce or eliminate with added nut butter]
- 2 tsp vanilla
- 1 cup natural nut butter (peanut, cashew or almond are great!)
- ¾ cup agave syrup or honey

### Dry:

- 3 cups large flake oats
- ½ cup unsweetened flaked coconut
- ¼ cup hemp or chia seeds
- ½ cup sunflower seeds
- ½ cup dried fruit (raisins, cranberries, apricots, etc)
- 1/3 cup wheat germ
- ¼ cup sesame seeds
- 1/3 cup ground flax seeds
- ¼ cup unsalted, shelled pumpkin seeds
- 1 cup chopped almonds
- 4 scoops protein powder (chocolate or vanilla)

### Directions:

1. Mix wet ingredients together and warm in the microwave for about 1 minute or blend in a saucepan over low heat.
2. Mix all dry ingredients together.
3. Add wet mixture to dry mixture and mix well. If you find the mixture is too dry, add a little more agave or honey.
4. Preheat oven to 350F.
5. Grease an 11X13 baking sheet or for thicker bars, use a 9X13 baking pan. Press mixture into pan/sheet (a rolling pin is helpful).
6. Bake for 15 minutes or until edges are golden brown. Will still look a little wet in the middle when done.
7. When cool and set, cut into 2 ½" bars. Store any uneaten portions in airtight container or wrap tightly in plastic wrap.

## *No-Bake Energy Bites*

Why buy store-bought bites when you can make these at home with healthy ingredients and in less time than it takes to run to the store? The secret to the "blink and you'll miss it" preparation time - **NO BAKING REQUIRED!** Which means this is a great solution to "Mom! We're hungry!" and a great way to involve the little ones in the kitchen.

### Ingredients:

- 1 cup chopped dates soaked in hot water for 5-10 minutes
- ½ cup chopped almonds (or your favourite nut)
- ½ cup ground flax seeds
- 4 tbsp chia or hemp seeds (or unsweetened coconut flakes)
- 1 tbsp cocoa powder
- 1 scoop protein powder (vanilla or chocolate)
- ½ cup natural nut butter (choose your favourite!)

### Directions:

1. Mash dates.
2. Mix in nut butter.
3. Add in rest of ingredients.
4. Form into balls and roll balls in chia/hemp seeds (or coconut).
5. Refrigerate for 10-15 minutes before eating and keep any leftovers in air-tight container in the refrigerator.

