

# HEALTHY ON THE GO

## grab and go snacks



For those ultra-busy weekdays when you are constantly on the move, try one of these easy snack recipes. These portable protein snacks will help you to fuel up and crush cravings on the go.



### Oven-Roasted Chickpeas

Makes 2 cups

#### INGREDIENTS

2 (15-ounce) cans chickpeas, rinsed and drained  
2 tbsp olive oil  
1 to 1 1/2 tsp salt  
2 to 4 tsp spices or finely chopped fresh herbs such as chili powder, curry powder, garam masala, cumin, smoked paprika, rosemary, thyme

#### INSTRUCTIONS

- 1 Arrange a rack in the middle of the oven and heat the oven to 400°F.
- 2 Pat the chickpeas very dry with a clean dishtowel. They should look matte and feel dry to the touch. If you have time, leave them to air-dry for a few minutes. Remove any chickpea skins that come off while drying, but otherwise don't worry about them.
- 3 Spread chickpeas out in an even layer on a rimmed baking sheet. Drizzle with oil and sprinkle with salt. Stir to make sure the chickpeas are evenly coated.
- 4 Roast, stirring the chickpeas or shaking the pan every 10 minutes. A few chickpeas may pop – that's normal. chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle, 20 to 30 minutes total.
- 5 Sprinkle spices over the chickpeas and stir to coat evenly. Serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming addictively chewy.

Nutrition Facts per serving: 417 Calories | 9.9g Fat (1.2g Saturated) | 464mg Sodium | 64.6g Carbohydrates | 11.4g Sugar | 20.6g Protein



### Healthy Breakfast Cookies

Makes 12 cookies

#### INGREDIENTS

1 1/2 cups rolled oats  
1/2 cup raw walnuts, roughly chopped  
1/2 cup raw pumpkin seeds  
1/2 cup dried cranberries  
1 tsp pumpkin pie spice  
Pinch of salt  
3/4 cup pumpkin purée (unsweetened)  
1/2 cup almond butter (unsweetened, creamy)  
1/4 cup pure maple syrup

#### INSTRUCTIONS

- 1 Preheat the oven to 350°F and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the dry ingredients. In a separate bowl, mix the wet ingredients together until well combined. Add the wet and dry ingredients into one bowl, stirring them until they stick together well.
- 3 Scoop spoonfuls of the mixture into your hands and roll into 12 balls. Place them onto the baking sheet and press flat (these cookies will not flatten when you cook them).
- 4 Place the baking sheet in the oven for about 12-15 minutes. They should be lightly browned when done. Remove and let cool for at least 15 minutes before eating.

Nutrition Facts per serving: 187 Calories | 11.5g Fat (1.3g Saturated) | 48mg Sodium | 17.3g Carbohydrates | 5.8g Sugar | 6.2g Protein

# Avocado Hummus Jars

Makes 4 jars



## INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 1/2 cup tahini
- 1 avocado, diced
- 2 cloves garlic minced
- 1 tbsp lemon juice
- 1/2 tsp salt
- 1/4 cup water
- Antipasto or sliced sundried tomatoes (optional topping)
- Carrot sticks, celery sticks, cucumber cut into wedges
- Assorted crackers, tortilla chips, etc.

## INSTRUCTIONS

- 1 Add all ingredients except antipasto, veggies, and crackers to a blender. Blend on the lowest speed for 30 seconds, removing the lid as necessary to stir. Continue blending on low speed until fully combined. The whole process should take about 5 minutes.
- 2 Scoop into jam jars, and top with antipasto or sundried tomatoes. Serve alongside cut-up veggies, crackers, or other dippable snacks. Enjoy within the first 2-3 days.

Nutrition Facts per serving: 259 Calories | 23g Fat (3g Saturated) | 305mg Sodium | 11g Carbohydrates | 6g Protein

# Healthy Trail Mix – Three Ways

Makes 5 cups each



## INGREDIENTS

- |                       |   |
|-----------------------|---|
| <b>Tropical</b>       | 1 cup raw cashews                         |
|                       | 1/2 cup raw almonds                       |
|                       | 1/2 cup unsweetened coconut chips         |
|                       | 2 cups unsweetened dried mangoes, chopped |
|                       | 1/2 cup banana chips                      |
| <b>Choco-Berry</b>    | 3 cups plain popcorn                      |
|                       | 1 cup raw pecans                          |
|                       | 1/2 cup raw almonds                       |
|                       | 1/2 cup dark chocolate chips or pieces    |
|                       | 1 cup freeze-dried raspberries            |
| <b>Ginger Apricot</b> | 1 cup raw hazelnuts                       |
|                       | 1 cup raw pistachios                      |
|                       | 1/2 cup raw cashews                       |
|                       | 1/2 cup raw pumpkin seeds                 |
|                       | 1 cup dried apricots, chopped             |
|                       | 1/3 cup crystallized ginger, chopped      |

## INSTRUCTIONS

- 1 Combine ingredients into a large mixing bowl and mix together well. Store in glass jars and portion out for snacks!



Makes 12 bars

### INGREDIENTS

3/4 cup almond butter (creamy, unsweetened)  
3 tbsp coconut oil, melted (use microwave)  
1/4 tsp vanilla extract  
1/3 cup + 2 tbsp maple syrup  
1 1/2 cups rolled oats  
1/2 cup raw almonds, chopped  
1/2 cup raw pecans, chopped  
1/4 cup raw sunflower seeds  
1/4 cup raw pumpkin seeds (pepitas)  
1/4 cup dried cranberries  
1/4 cup hemp seeds  
1/4 cup dark chocolate chips  
1/4 tsp ground cinnamon  
1/4 tsp salt

### INSTRUCTIONS

- 1 Line an 8x8-inch square baking pan with parchment paper that goes over the sides of the pan. This helps to lift the bar mixture out later.
- 2 Mix all the wet ingredients in a large mixing bowl. Make sure your almond butter is super soft and creamy. Soften it in the microwave first if needed!
- 3 Mix the dry ingredients together in a separate bowl. Add the dry ingredients to the wet ingredients and stir until they are well-combined and stick together.
- 4 Transfer mixture to the baking pan. Spread out with a spoon, then use something with a hard flat surface to REALLY push the ingredients down so they stick together well. Don't skip this step!
- 5 Transfer the baking pan to the fridge for a minimum of 2 hours – or even better, overnight.
- 6 Remove the baking pan from the fridge and carefully pull the mixture out of the baking dish using the sides of parchment paper. Place it on a cutting board and use a sharp chef's knife to cut into evenly-sized bars!

Nutrition Facts per serving: 167 Calories | 10g Fat (4g Saturated) | 53mg Sodium | 16.5g Carbohydrates | 7g Sugar | 4.4g Protein



Makes 12 balls

### INGREDIENTS

20 large Medjool dates, pitted  
1 cup desiccated coconut (shredded, unsweetened) + more for rolling  
1/4 cup raw or unsweetened cocoa powder  
1/2 cup hemp seeds  
2 tbsp water

### INSTRUCTIONS

- 1 Line a baking sheet with parchment paper. Place a few spoonfuls of desiccated coconut into a separate small bowl for rolling and set aside.
- 2 In a food processor, add pitted Medjool dates, desiccated coconut, cacao powder, hemp seeds, and water. Pulse until it forms a paste-like texture. If things aren't sticking together, add a splash more water until it does.
- 3 Take a couple of spoonfuls of the mixture from the food processor and place in your hands. Roll into a ball, then roll the ball in the dish with the coconut until the outside is fully coated. Place the finished ball onto the parchment-lined baking sheet. This part is meant to be a little messy!
- 4 Repeat until all mixture is used up. You should make about 12 balls, depending on their size.
- 5 Place the balls in the freezer for 2 hours to allow them to firm up.
- 6 Allow balls to thaw for a couple of minutes before you enjoy them! The texture is meant to be soft and chewy. Store remaining balls in the fridge or freezer.

Nutrition Facts per serving: 187 Calories | 6.5g Fat (3g Saturated) | 5.8mg Sodium | 32g Carbohydrates | 26g Sugar | 3.7g Protein

Sources: [www.thekitchn.com](http://www.thekitchn.com) | [www.walderwellness.com](http://www.walderwellness.com) | <https://thegirlonbloor.com> | Images from Freepik