

HEALTHY SNACKS

Healthy Snack Shopping List

- Green apples
- Strawberries
- Blueberries
- Raspberries
- Celery
- Carrots
- Radishes
- Cherry Tomatoes
- Cauliflower florets
- Peppers (all colors)
- Cucumber
- Avocados
- Almonds (raw)
- Walnuts
- Cashews (raw)
- Hummus
- Baba Ganoush
- Salsa
- Eggs (organic and pasture raised)
- Brown rice or flax crackers
- Gluten-free oats
- Nut milks (almond, cashew, coconut, all unsweetened)

Healthy Snack Ideas

- Nuts and seeds/dried fruits/trail mix – be mindful of quantity and sugar
- Applesauce – homemade, unsweetened
- Arbonne Protein shakes and smoothies
- Arbonne Protein Bars
- Arbonne Fit Chews
- Hummus or baba ganoush with veggies – store bought or see recipe below
- Celery, carrot sticks, or green apples with almond butter
- Guacamole with veggies – see recipe below
- Kale chips – see recipe below (this is an awesome substitute for potato chips)
- Roasted spiced chickpeas (see recipe below)
- Homemade protein fudge or protein bars (see recipes below)

So Cal Guacamole (from The Vegan Road)

3 ripe avocados

1/2 cup chopped red onion (about 1/4 large red onion)

1 roasted red pepper chopped

1 fresh jalapeño seeded and chopped fine

1/2 cup chopped cilantro

Juice of 1 fresh lime (about 2 TBL)

Salt to taste

Cut avocados in half and remove seeds. Save 1 seed for later. Scoop avocados out of their skin, add to a medium bowl, and mash gently with a fork, just enough to break

them up. You don't want to over-mash your avocados here, you want your finished dip to be very chunky.

Add remaining ingredients and mix together gently.

Roasted Red Pepper Hummus (from The Vegan Road)

- 1 can garbanzo beans, drained
- 3 tablespoons tahini
- 2 1/2 whole roasted red peppers
- 1 small clove garlic
- 4 tablespoons lemon juice
- 1 teaspoon salt

Add all ingredients to food processor and process until smooth and creamy. If your hummus is too thick, add water a little at a time until you reach the desired consistency.

For the best tasting hummus, refrigerate for 1-2 hours before serving.

Option: leave out the red peppers for regular hummus, add 1/4 cup of olives for Greek hummus.

Kale Chips (from The Vegan Road)

- 1 bunch kale (we use red kale because it looks amazing!)
- Olive oil
- Gomasio (a blend of sesame seeds and salt toasted and ground together)
- Nutritional yeast (optional)

Preheat oven to 350°

Remove thick stems from kale and tear leaves into bite-sized pieces. Wash leaves and dry thoroughly. Toss leaves in a little olive oil, or use an oil sprayer, you just need a very light coating on the leaves.

Arrange kale leaves on a cookie sheet or jelly roll pan and sprinkle generously with gomasio.

Bake just until edges begin to turn brown, about 10-15 minutes.

Remove from oven and sprinkle with a little nutritional yeast if desired to add a slightly cheesy flavor (and some awesome vitamin B12).

Arbonne Protein Fudge

- 16 oz almond butter or cashew butter (cashew butter makes creamier fudge)
- 1/2 cup melted coconut oil
- 5-10 drops liquid stevia (if desired)

Mix together in a medium saucepan over very low heat. Just enough to blend the ingredients until smooth. Remove from heat.

Then add:

- 2 cups Arbonne Vanilla Protein Shake Mix (you could use chocolate instead for a different flavor!)
- 1/4 cup Arbonne Daily Fiber Boost
- 3/4 cup organic, reduced fat, shredded coconut
- 1 cup chopped raw cashews or almonds

Mix together until desired consistency (you may need to add a little water if the batter is too thick). Pour into parchment lined baking sheet and refrigerate until firm. Then cut

into bars. For thicker bars, pour into a 9" x 13" baking dish. Keep cool as coconut oil melts the bars in warmer weather.

Arbonne Protein Bars

½ cup almond or cashew butter
5-10 drops liquid stevia (if desired)
½ cup unsweetened applesauce

Mix together in a medium saucepan over very low heat. Just enough to blend the ingredients until smooth. Remove from heat.

Then add:

1 cup Arbonne Vanilla Protein Shake Mix
1 cup gluten free rolled oats
1 cup gluten free oat flour
1 tsp cinnamon
1 tsp pumpkin pie spice
⅓ cup roasted pumpkin seeds
⅓ cup dried cranberries

Mix well and transfer to 9" x 9" baking dish, lined with parchment paper. Press firmly until smooth. Refrigerate at least 30 minutes and cut into bars.

Roasted Spiced Chickpeas (from ohsheglows.com)

1 (15-oz) can chickpeas (or 1.5 cups cooked)
1/2 teaspoon olive oil
1/2 teaspoon fine grain sea salt
1/2 teaspoon garlic powder
1/4 teaspoon chili powder
1/4 teaspoon ground ginger
1/4 teaspoon cumin
1/8 teaspoon ground turmeric

Preheat oven to 400F and line a medium baking sheet with a couple pieces of paper towel

Rinse and drain the chickpeas and place onto paper towel. Add a couple paper towels on top and roll the chickpeas around until completely dry. This helps them crisp up in the oven.

Add the chickpeas into a medium mixing bowl and stir in the oil until coated. Now stir in the rest of the seasonings.

Discard paper towel and line baking sheet with parchment paper or a Silpat. Add chickpeas back onto the baking sheet.

Roast at 400F for 20 minutes. Give the pan a gentle shake to stir the chickpeas and roast for another 15-20 minutes, until golden and lightly charred on the bottom. I roast for a full 40 minutes because I like them on the crispy side, but keep an eye on them as oven temps vary.

Cool for 5 minutes or so. They will lose their crispness quickly so these are best enjoyed immediately. You can also freeze the chickpeas once fully cooled and reheat them in the oven for 5 minutes or so to bring back the crispness.

Brown Rice Tortillas

(cut into wedges), spritz w/olive oil, bake at 450 for 5-7 min. Add sea salt & serve w/guacamole, hummus/salsa "

Carla Rosser's "On the go oatmeal"

1/2 cup dry oatmeal. Mix w/equal parts water add 1 scoop Arbonne vanilla protein powder. Let sit for 1 min. Top w/diced green apple or berries of your choice. Make up the night before and store in your fridge. Also great snack pre-work ut if your activity is too intense for a shake. Makes for a great post workout too.

Chia seed pudding made with almond milk with a sprinkle of berries on top. Look online for chia seed pudding recipes.