

Hello there!

So you're here looking for healthy snacks that don't taste like cardboard. Aren't we all?! Gone are the days of hard-to-chew, bland-tasting protein bars. In a world where we're all trying to get healthy, there's absolutely no reason why you should have to make your taste buds suffer with every single bite.

So here's the deal. I've compiled 20 of my favorite snacks that are super healthy and packed full of flavor. All the ingredients are easy to find at your local grocery store and you'll be able to pronounce everything on the ingredients list.

The key here is that you're not restricting delicious foods just for the sake of getting healthy and fit. Because it's pretty clear to me in my 30+ years of this eating thing that if I restrict yummy foods, the first thing I'm going to try and get my hands on in a weak moment (ie. stress, pms, relationship drama, etc) is yummy foods. And if I haven't prepare HEALTHY yummy foods, I'm going to grab the first packaged twinkie-hoho-doodle I can get my hands on at the nearest convenience store.

It is absolutely 100% possible to get healthy, get fit, and still eat the foods you want to eat, just with a little preparation and modification. These recipes will get you started for snacks, and for more ideas on how to fit in desserts and meals, head on over to happyfoodhealthylife.com. Enjoy!

My Best,



Blog
Facebook
Pinterest
Twitter
Instagram
YouTube
Google+



http://www.happyfoodhealthylife.com

Healthy Chocolate Pomegranate Muffins

Ingredients

- 3 Tablespoons ground flax seeds
- 6 Tablespoons water
- 2 cups beet puree (from roasted & peeled beets)
- 1/2 cup agave
- 2/3 cup brown sugar
- 1/2 teaspoons salt
- 3 teaspoons baking soda
- 1/2 cup melted coconut oil
- 1/2 cup unsweetened almond milk
- 1 cup unsweetened cocoa powder
- 2 2/3 cups whole wheat pastry flour
- 2/3 cup semisweet chocolate chips
- seeds of one pomegranate

- 1. Preheat oven to 375 degrees F and line muffin tins with 24 paper liners, or lightly grease.
- 2. Combine flax and water in a large mixing bowl and let sit for 5 minutes. The mixture should become thick and almost gelatinous.
- 3. Add beet puree, melted oil, agave, brown sugar, baking soda, salt and whisk for 45 seconds.
- 4. Stir in the almond milk and whisk again.
- 5. Add cocoa powder and flours and stir with a spoon or spatula until just combined, being careful not to over-mix. The batter should be quite thick scoopable. But if it's too difficult to mix, add a splash more almond milk.
- 6. Lastly, gently fold in chocolate chips and pomegranate seeds. Then divide batter evenly between muffin tins (should be enough for 24 muffins).

7. Bake for 17-22 minutes or until a toothpick inserted into the center comes out clean. Let cool for a few minutes in the pan, remove from tins and let cool on a cooling rack. Will keep covered for several days. Freezer for longer-term storage. Adapted from Minimalistic Baker

To roast beets: Wash beets and cut off stem side. Wrap the bulbs in foil and roast for about 45 minutes at 350 degrees F. Unwrap from the foil, let cool completely, and then the peeling will come off without much trouble.





http://www.happyfoodhealthylife.com

Vegan Spinach and Artichoke Dip

adapted from The Get Healthy, Go Vegan Cookbook

serves: 8-10

Ingredients

- 1 small onion
- 4 garlic cloves
- 1 (10-ounce) package frozen chopped spinach, thawed
- 1 (6-ounce) jar of quartered artichoke hearts
- 1 (12.3 ounce) package low-fat silken tofu
- 1 Tablespoon freshly squeezed lemon juice
- 1 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper pinch of cayenne pepper

Directions

- 1. Preheat the oven to 350 degrees F.
- 2. Wrap the onion and garlic in aluminum foil. Bake for 20 to 30 minutes, or until soft
- 3. Place the spinach in a clean dish towel. Squeeze and twist the dish towel to press out as much water as possible from the spinach.
- 4. Place the spinach, onions, garlic, and artichokes in a food processor or <u>Blendtec</u> and pulse until well chopped. Add the remaining ingredients and process until just slightly chunky or smooth your preference.
- 5. Serve with freshly baked tortilla chips, crackers, or fresh-cut veggies.



http://www.happyfoodhealthylife.com

Green Goddess Smoothie

makes 2 servings

Ingredients

1 cup ice water

1 scoop vanilla protein powder (optional)

3/4 cup fresh spinach

1 celery stalk, roughly chopped

1 kiwi, peeled and sliced

1/2 green apple, cored, roughly chopped

1/2 green pear, cored, roughly chopped

1/2 cucumber, peeled and chopped

1/2 avocado meat

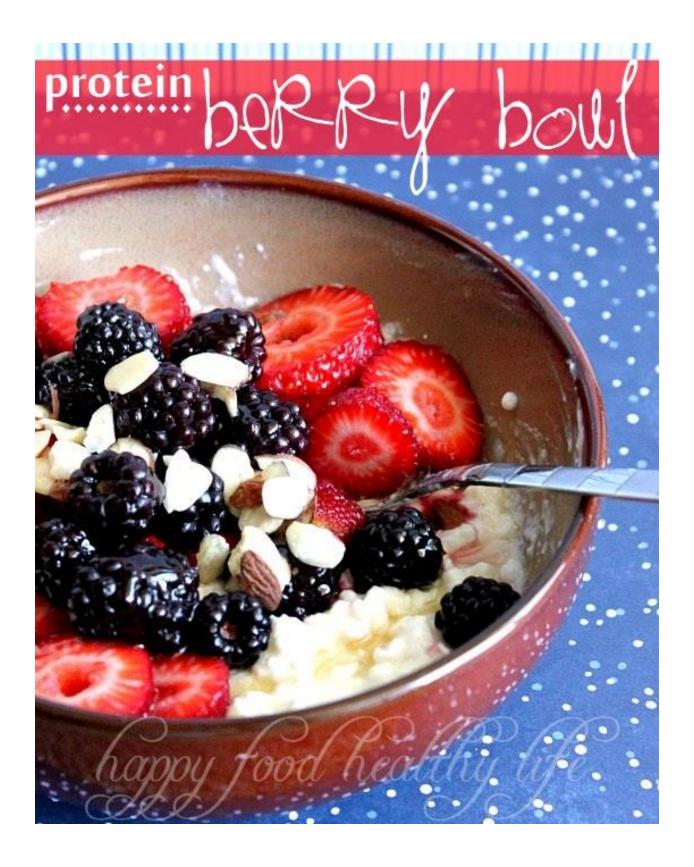
8-10 ice cubes

Directions

In a high-speed blender, place all ingredients in the order they are listed. You want to make sure the spinach is weighted down by all the other ingredients to ensure everything gets mixed without chunks of spinach leaves.

Blend on high speed for about 45-60 seconds and enjoy in a tall glass. You can divide into 2 glasses or save half for later. When you're ready to drink the remaining juice (within 24 hours), throw in 6 ice cubes and re-blend.

If you're using a <u>Blendtec</u>*, there is a smoothie button you can just push and it will do all the work for you while you clean up.



Protein Berry Bowl

Ingredients

- 1 cup non-fat cottage cheese
- 1/2 scoop (about 3 Tablespoons) Vanilla Protein Powder
- 4 strawberries, sliced
- 1/3 cup blackberries
- 1 Tablespoon slivered or sliced almonds
- 2 teaspoons honey

- 1. Mix cottage cheese with protein powder until the powder is combined thoroughly.
- 2. Top with berries, almonds, and honey.
- 3. Mix all together. Enjoy!



http://www.happyfoodhealthylife.com

Dark Chocolate Almond Energy Bites

Ingredients

1/3 cup almond butter

1 Tablespoon peanut butter

1/4 cup honey

2 1/2 cups cooked quinoa

2/3 cups old fashioned oats

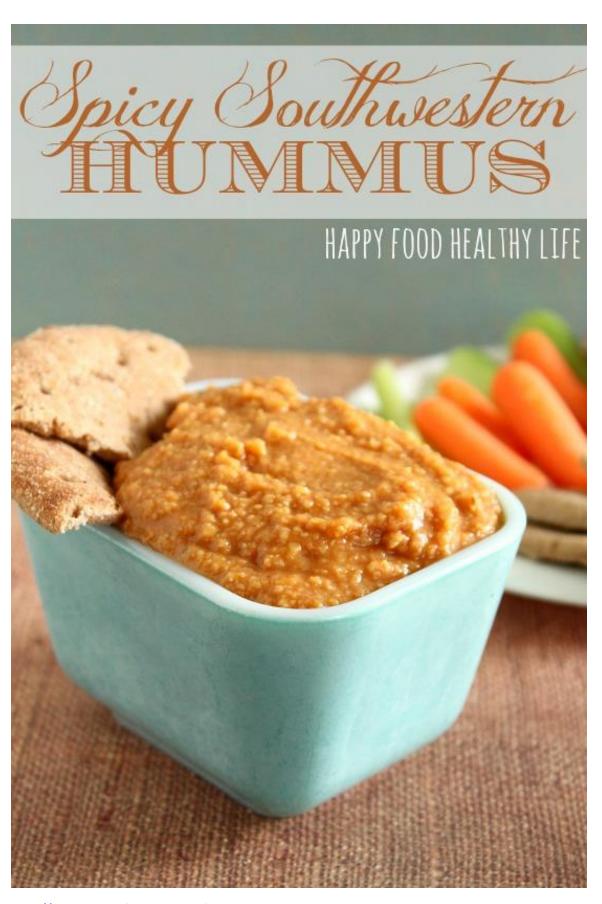
3 Tablespoons Chia Seeds

1/2 cup Blue Diamond Dark Chocolate Almonds, roughly chopped

Instructions

- 1. Combine almond butter, peanut butter, and honey in a small saucepan. On medium heat, melt the mixture down to a thick liquid-like state, stirring constantly. Once melted down, remove from heat and set aside.
- 2. Combine cooked quinoa, oats, chia seeds, and chopped dark chocolate almonds in a large bowl. Add the almond butter mixture to the dry ingredients and mix thoroughly.
- 3. Once completely combined, take about 2 Tablespoons of mixture at a time and squeeze tightly in your hands before rolling into round bites. Place on a wax paper-lined baking sheet. When mixture is all rolled out, place in the freezer to set up.
- 4. About twenty minutes before eating, take out of the freezer to soften slightly.

Instead of Blue Diamond's Dark Chocolate Almonds, feel free to use chopped almonds and raw cacao nibs. When rolling the bites in your hands, get your hands wet every couple bites and they won't stick quite as badly.



http://www.happyfoodhealthylife.com

Spicy Southwestern Hummus

Ingredients

1 can garbanzo beans + 1/4 cup liquid reserved from can

1/2 cup mild salsa

1 packet taco seasoning

1/2 teaspoon garlic, minced

- 1. Combine all ingredients in a food processor or blender.
- 2. Blend well for about 3 minutes or until smooth.
- 3. Serve immediately with veggies, bread, or pita chips. Will keep in the refrigerator for about a week.



Peaches & Cream Green Smoothie

Yield: 2

Ingredients

1/3 cup vanilla yogurt of your choice (I use Greek)

1/3 cup old fashioned oats

1 cup water

1 Tablespoon chia seeds

1 Tablespoon ground flax seeds

1 scoop vanilla protein powder

1 large handful fresh spinach

1 banana, peeled and frozen

2 peaches, sliced and frozen

6 ice cubes

- 1. Add all ingredients to a blender in the order listed. This will ensure that all ingredients get combined properly.
- 2. Blend on high until smooth.
- 3. Enjoy immediately or freeze for later enjoyment if you prefer a thicker consistency.



http://www.happyfoodhealthylife.com

Healthy Coconut Cookies

Yield: 24 small cookies

Ingredients

2 slightly ripened bananas, mashed

1 teaspoon vanilla extract

1/2 cup agave

1/2 cup coconut oil, melted

3 teaspoons almond or soy milk

1 cup flour

1 teaspoon baking soda

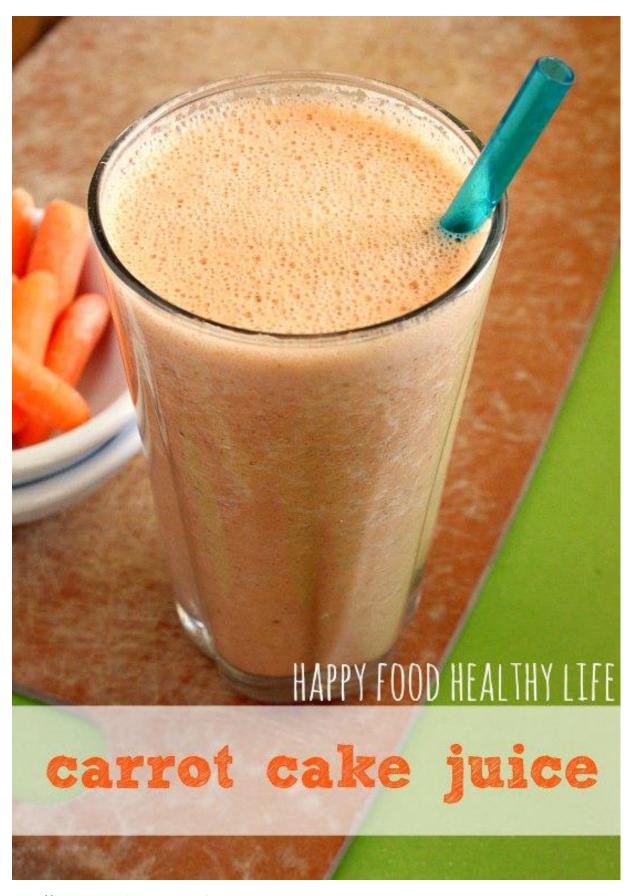
1 teaspoon cinnamon

1 cup rolled oats

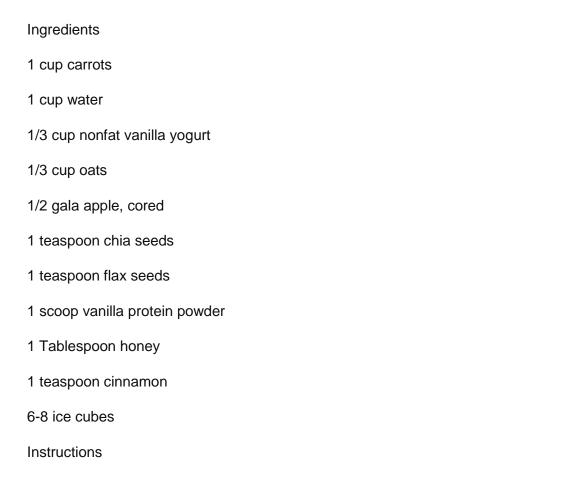
1 cup coconut, shredded

Optional: handful of dark chocolate chips to dip cookies into.

- 1. Preheat oven to 350 degrees F.
- 2. In a blender or food processor, blend together the mashed bananas, vanilla, sweetener, oil, and milk.
- 3. In a large bowl, sift together the flour, baking soda, and cinnamon. Stir in the oats, and then fold in the banana mixture, stirring well. Mix in the shredded coconut.
- 4. Scoop spoon-sized portions onto a lightly greased baking sheet or one lined with a silicone mat.
- 5. Bake for 12-14 minutes or until golden brown.
- 6. Optional additional chocolate: if you want to add the melted chocolate, add about 1/2 cup of dark chocolate chips into a microwave-safe bowl. Microwave about 30 second at a time, stirring in between, until melted and smooth. Dip cooled cookies into chocolate or spoon chocolate over the cookies. Sprinkle a little coconut on top. Let chocolate sit for about an hour so chocolate can harden.



Carrot Cake Juice



- 1. Blend water and carrots together in high speed blender until completely smooth.
- 2. Add the remaining ingredients and blend again until smooth.

mini lowfat blackberry cheesecake bites



Mini Lowfat Blackberry Cheesecake Bites

Ingredients For Crust: 16 graham cracker squares 1/4 cup butter, melted For Cheesecake Filling: 4 ounces low fat cream cheese, room temperature 8 ounces fat free plain Greek yogurt 2 eggs 1/2 cup sugar 1 teaspoon vanilla For Blackberry Swirl: 3/4 cup fresh or frozen (thawed) blackberries 1/4 cup sugar 1/3 cup water Instructions 1. Preheat oven for 350 degrees F 2. In a food processor, pulse the graham crackers to crumbs. (Of course, you could also put graham crackers in a ziploc back and pound with a rolling pin.) Pour melted butter into graham cracker crumbs and combine together until crumbs are able to be pressed together and stick to one another. 3. Press graham cracker mixture into a silicone brownie bite pan, lined cupcake tin, or non-stick sprayed cupcake pan. You only need a thin layer in each bite, so the amount will vary

4. In a small saucepan, combine berries, water, and sugar, and simmer on medium-high heat.

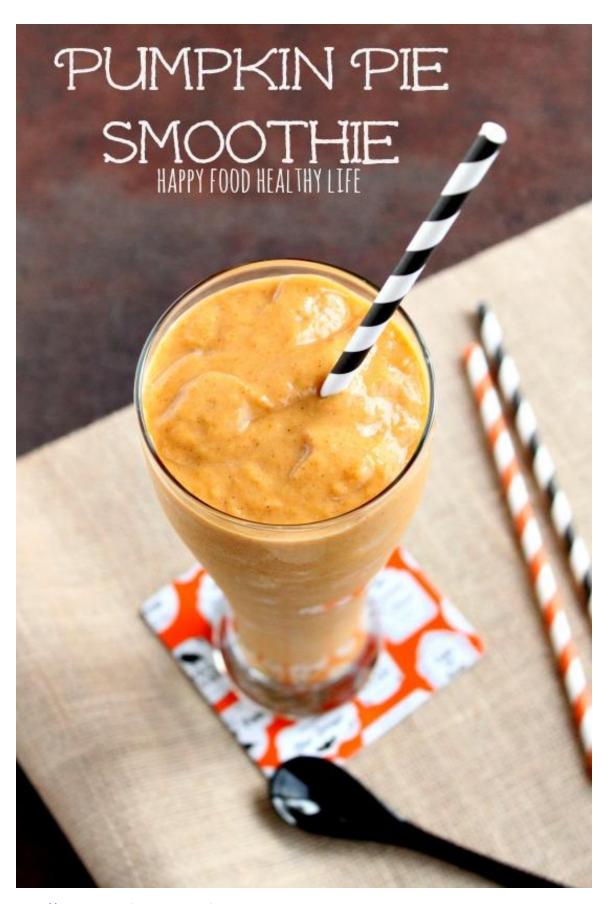
Stir occasionally, and cook for about 5-7 minutes or until mixture thickens. You'll want to keep

depending on the size of bite you are making. My brownie bite pan required about a teaspoon

and a half of crumbs for each bite. Set pan aside.

- an eye on it, as it may thicken sooner than this. Once it's a jelly-like consistency, remove from heat and set aside.
- 5. For the cheesecake mixture, combine cream cheese, Greek yogurt, and sugar in a medium sized bowl and mix until completely combined. Add vanilla. Add eggs, one at a time, mixing completely between each one.
- 6. Once mixed, drop about a Tablespoon (if using brownie bite size, like I did) on top of graham cracker crusts. When finished, add about a 1/2 a teaspoon of blackberry mixture into the cheesecake and swirl with a toothpick.
- 7. Bake at 350 for about 15-18 minutes, or until cheesecake is mostly solid. Let cool completely before removing from pan. Once mostly cool, you can place in the refrigerator overnight to finish setting.





http://www.happyfoodhealthylife.com

Pumpkin Pie Smoothie

Ingredients

1/2 cup water

1 cup pumpkin puree (not pumpkin pie filling)

1/2 small banana

1 scoop vanilla protein powder

1 Tablespoon pumpkin pie spice

1/2 cup light coconut milk

1 teaspoon vanilla extract

1 cup ice

Instructions

1. Combine all ingredients in a blender. Blend until completely combined and smooth. Serve immediately.



http://www.happyfoodhealthylife.com

Healthy Toasted Almond and Orange Muffins

Yield: 12 muffins

Ingredients

2/3 cup sugar

3 large eggs, at room temperature

Grated zest of 1 medium orange

1/3 cup french orange juice, at room temperature (from about 1 juicy orange)

1/4 cup coconut oil, melted

3 Tablespoons plain low-fat Greek yogurt, at room temperature

3/4 teaspoon pure vanilla extract

1 cup all-purpose flour

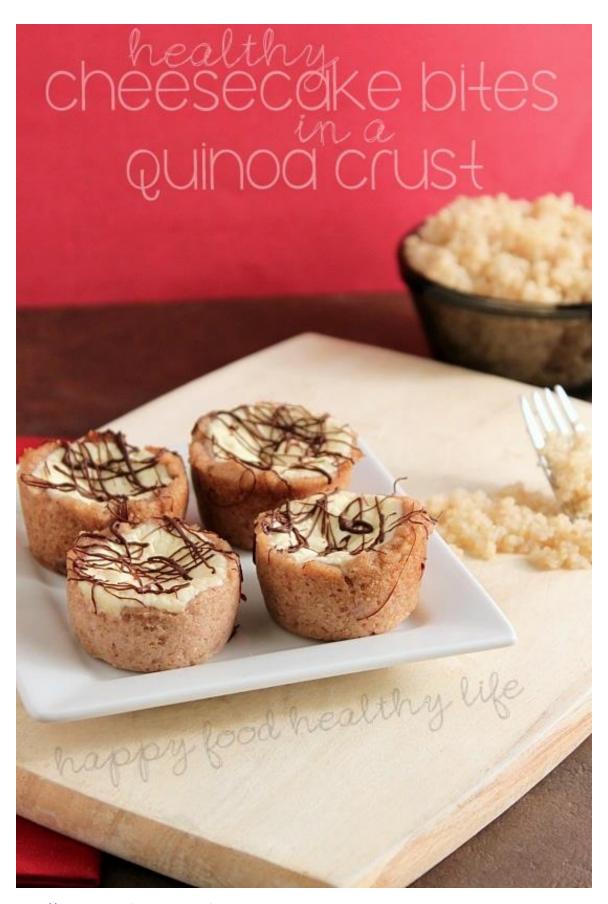
1 cup All-Bran cereal, ground in a food processor to a flour texture

1 1/2 teaspoon baking powder

1/2 teaspoon salt

1/3 cup sliced almonds, toasted (see notes below)

- 1. Preheat your oven to 325 degrees F. Line 12 muffin cups with paper liners or spray with nonstick baking spray.
- 2. In the bowl of your mixer, beat the sugar and eggs together until pale and thick, about 2 minutes. Beat in the orange zest and juice, coconut oil, yogurt, and vanilla extract.
- 3. In a separate bowl, whisk together the all-purpose flour, ground all-bran, baking powder, and salt.
- 4. In batches, stir the flour mixture into the egg mixture until just blended. Stir in the toasted almonds. Pour heaping 1/2 cupfuls of the batter into the prepared muffin cups. Bake until golden on top and a tester inserted into the center of the muffins comes out with moist crumbs attached, about 20 minutes.
- 5. Cool in the pan on a wire rack for at least 20 minutes before removing.



http://www.happyfoodhealthylife.com

Healthy Cheesecake Bites in a Quinoa Crust

Yield: 12 cheesecake bites

Ingredients

For the Crust

3/4 cup cooked quinoa (full instructions on how to cook quinoa, check out the blog)

1/2 cup walnuts

4-5 dates, pitted

2 Tablespoons honey

For Filling

4 ounces Greek Cream Cheese, softened

1 cup nonfat Greek Yogurt

1/2 cup granulated sugar

2 teaspoons lemon juice

1 teaspoon vanilla

1/4 cup dark chocolate, for topping (optional)

- 1. Preheat oven to 350 degrees F. Spray a mini muffin tin with non-stick spray (up to 12 cheesecakes).
- 2. In a food processor, combine all ingredients for the crust. Pulse food processor until all ingredients come together and start to form a dough. This will be a perfect weekend for a pie crust!
- 3. Place a scoop of about 1 and a half Tablespoons of "dough" to each muffin tin receptacle. Set aside.
- 4. Combine cream cheese, Greek Yogurt, sugar, lemon juice, and vanilla in the bowl of your stand mixer. Once combined completely. Spoon filling into the quinoa crusts so that the cups are full up to the top of the crust.
- 5. Cook for about 25 minutes, or until the cheesecake has mostly set. Let cool in the refrigerator for about 8 hours, or overnight, to set completely

- 6. Once cooled, melt optional chocolate down. I just did this in the microwave in a micro-safe bowl for about 20 seconds at a time, stirring each time, until all melted.
- 7. Drizzle on the top of each cheesecake bite.





http://www.happyfoodhealthylife.com

Anything Goes Granola

Ingredients

1/2 cup almond butter

1/2 cup honey or agave

3 cups old fashioned oats

1/3 cup flax seeds

mix-ins of your choice (handfuls of each):

raisins or craisins

any dried fruit

nuts of your choice: almonds, peanuts, cashews, macadamias

carob chips

coconut

sunflower seeds

- 1. Preheat oven to 300 degrees F.
- 2. In a small saucepan, combine almond butter and agave or honey over medium heat. Stir occasionally until smooth and melted. Remove from heat.
- Combine all remaining ingredients, except for and chocolate/carob, in a large mixing bowl.
 Drizzle almond butter and sweetener mixture over the oats mixture. Stir to coat all the ingredients.
- 4. Once mixed thoroughly, spread oats out evenly on a parchment-lined baking sheet.
- 5. Bake for 40 minutes or until lightly golden.
- 6. Cool completely, and then add any chocolate or carob chips to the mixture.
- 7. Store in a large plastic bag or container. Serve by itself, with almond milk, with yogurt and berries, or any other way that sounds delicious to you.



http://www.happyfoodhealthylife.com

Ranch Roasted Chickpeas

Yield: about 3 servings about 1/3 cup per serving

Ingredients

1 can chickpeas, drained and rinsed

1 Tablespoon coconut oil, melted

1 packet Ranch dressing mix (or you could make your own)

- 1. Preheat the oven to 425 degrees F. Line a large baking sheet with foil.
- 2. Once you have drained the chickpeas, go through the beans quickly and remove any loose skins. There's no need to peel all the beans. But the ones that are loose and can be removed easily should be pulled out.
- 3. In a medium bowl, combine the chickpeas, coconut oil, and ranch seasoning. Coat all over.
- 4. Pour chickpeas out onto the prepared baking sheet and be sure they are in just one layer.
- 5. Cook in the preheated oven for about 45 minutes, tossing with a spatula about every 15 minutes, checking to be sure that nothing is burning.
- 6. Once the beans are completely roasted, crunchy, and dark brown in color, remove them from the oven, let cool, and snack on!



http://www.happyfoodhealthylife.com

Healthy Greek Layer Dip

Yield: 8 servings

Ingredients

1 cup plain nonfat Greek yogurt

1/2 cup coarsely shredded unpeeled cucumber

1 Tablespoon finely chopped red onion

1 teaspoon fresh mint, minced

1 cup plain hummus

1/2 cup chopped, seeded tomato

1/2 cup Feta cheese, crumbled

1/4 cup chopped cucumber

2 sliced green onions

4 large whole wheat pita bread rounds, cut into wedges

- 1. In a small bowl, stir together the yogurt, shredded cucumber, chopped onion, and mint. Set aside.
- 2. Spread hummus in the bottom of a 9-inch pie plate. Spread yogurt mixture over hummus.
- 3. Sprinkle with tomato and feta cheese, topping with chopped cucumber and sliced green onions.
- 4. Serve with pita bread wedges.



http://www.happyfoodhealthylife.com

Berry Bran Muffins

Yield: 24 muffins

Ingredients

2 2/3 cup whole wheat pastry flour

1 cup sugar

2 Tablespoons baking powder

2 teaspoon salt

3 cups Kellogg's® All-Bran® Original cereal

2 cups almond milk (or other version of your choice - I've made it with unsweetened coconut milk)

2 eggs

2/3 cup unsweetened applesauce

2 cups fresh berries (I used 1 cup chopped strawberries and 1 cup blueberries)

Instructions

- 1. In a large mixing bowl, combine Kellogg's All-Bran cereal and milk of your choice. Set aside and let sit while cereal softens.
- 2. Stir together flour, sugar, baking powder and salt in a medium bowl. Set aside.
- 3. In the cereal mixture, add egg and applesauce. Stir to combine completely. Add flour mixture, stirring only until combined. Gently fold in berries.
- 4. Portion evenly into 24 2 1/2-inch muffin-pan cups coated with cooking spray or coconut oil. Muffin cups should be filled about halfway full.
- 5. Bake at 400° F about 25 minutes or until lightly browned. Serve warm.

Without added preservatives, these muffins only last about 5-7 days. To optimize the time the last, keep them in an air-tight container or ziploc bag in the refrigerator. If you aren't able to use all muffins in this time, feel free to freeze in a freezer-safe container or bag until you're ready to eat them. Let thaw in the refrigerator when ready to use.



http://www.happyfoodhealthylife.com

Honey Oat Banana Bread Cake with Granola Crunch Topping

Ingredients

- 1 1/2 cups whole wheat pastry flour
- 1/2 cup whole oats
- 3/4 cup sugar
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 2 egg whites
- 1 cup ripe banana, mashed (about 2-3 bananas)
- 1/3 cup applesauce
- 1/4 cup honey + enough to drizzle on the top
- 1 cup granola

- 1. Preheat the oven to 350 degrees F. Lightly grease an 9-inch cake pan.
- 2. In a large bowl, stir together flour, oats, sugar, baking powder, baking soda, cinnamon, and cloves.
- 3. Add egg whites, bananas, honey, and applesauce. Stir until just combined. Pour batter into prepared pan.
- 4. Drizzle with honey and top with granola.
- 5. Bake in preheated oven for 30 to 40 minutes, until a toothpick inserted into the center of the loaf comes out clean.



http://www.happyfoodhealthylife.com

Dark Chocolate Cinnamon Covered Raisin Clusters

Yield: about 8 servings

Ingredients

1 cup California Raisins

1/3 cup dark chocolate (70% or higher), roughly chopped

1 teaspoon cinnamon

1/3 cup almonds

1/3 cup whole wheat cheerios

- 1. In a microwave-safe bowl, heat dark chocolate and cinnamon for about 30 seconds, and stir. Continue to do this until chocolate is completely melted and smooth.
- 2. Once melted, add the raisins and almonds to the chocolate and mix around completely, separating any clumps of raisins as you go
- 3. On a baking sheet lined with parchment paper, spread out the chocolate-y mixture. Sprinkle with cheerios.
- 4. Place in the refrigerator for about an hour so the chocolate has a chance to set up.
- 5. Portion out into snack-sized bags and enjoy!



http://www.happyfoodhealthylife.com

Applesauce Cinnamon Apple-Oat Muffins

Yield: 20

Ingredients

- 3 cups quick-cooking oats
- 2 1/2 cups whole wheat flour
- 1 cup brown sugar, packed
- 2 teaspoons baking power
- 1 1/2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 2 cups unsweetened applesauce
- 1 cup fat-free milk
- 1/3 cup coconut oil, in liquid form
- 2 egg whites
- 1 apple, peeled, cored, and diced (I used golden delicious)

- 1. Preheat oven to 400 degrees F.
- 2. In a large bowl, combine the oats, flour, brown sugar, baking powder, baking soda, cinnamon, and salt.
- 3. In another bowl, combine the applesauce, milk, coconut oil, and egg whites. Stir this mixture into the dry ingredients. Combine until just moistened. Gently fold the diced apples into mixture.
- 4. Fill muffin cups (or muffin tin sprayed with non-stick spray) 3/4 full.
- 5. Bake for 16-18 minutes, or until toothpick comes out clean. Cool on a cooling rack.