



Grab & Go Snack Guide for Busy People

Ilana Hart

<https://www.ilanahart.com>



*Simple. Healthy.
Nourishing.*

Hi!

Life is busy with work, kids, friends, extracurriculars, exercise, etc.

That's why I've put together the "Grab & Go Snack Guide for Busy People." Because in order to do all those other things that we do, we need to nourish and fuel our bodies so that we can feel our best and perform at our best.

Snack foods, when done right, deliver key nutrients that promote satiety, good digestion, blood sugar balance, and awesome energy. And, it doesn't take a lot of time to prepare your own wholesome and delicious treats.

My name is Ilana, and I'm a Culinary Nutrition Coach.

Using a practical, hands-on approach, I'm here to help you simplify your path to healthy eating and remove the stress surrounding daily food choices.

If you love these snack ideas, you can also follow me on Facebook & Instagram @ilanahartnutrition for more recipe inspiration.

Happy snacking!

Ilana



Fruits

- 1/2 Banana
- 1/3 cup Lemon Juice

Breakfast

- 1 1/2 cups All Natural Peanut Butter

Seeds, Nuts & Spices

- 1/4 cup Chia Seeds
- 1/2 tsp Cumin
- 1 tbsp Hemp Seeds
- 1/2 tsp Oregano
- 1/4 tsp Paprika
- 1/4 cup Pumpkin Seeds
- 1 3/4 tsps Sea Salt
- 1/4 cup Sesame Seeds
- 1/4 cup Sunflower Seeds
- 1/2 tsp Turmeric
- 1/4 cup Walnuts

Frozen

- 1 cup Frozen Cauliflower

Vegetables

- 6 cups Baby Spinach
- 2 Carrot
- 4 stalks Celery
- 1 Sweet Potato
- 2 Yellow Bell Pepper
- 1 Zucchini

Boxed & Canned

- 1 can Chickpeas
- 1 1/2 cups Organic Coconut Milk

Baking

- 1/2 cup Almond Flour
- 1/2 cup Coconut Sugar
- 40 grams Dark Organic Chocolate

Condiments & Oils

- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Tahini

Cold

- 8 Egg

Other

- 4 Nori Sheets
- 1 1/2 cups Water



Dark Chocolate & Walnuts

1 serving
5 minutes

Ingredients

1/4 cup Walnuts
40 grams Dark Organic Chocolate
(about 4 pieces, 70-90% cacao)

Directions

- 1 No prep needed. Just grab some dark chocolate and walnuts and enjoy!



Hummus Dippers

4 servings

15 minutes

Ingredients

- 2 Yellow Bell Pepper (or red)
- 2 Carrot
- 4 stalks Celery
- 1 Zucchini (large)
- 1 can Chickpeas
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Water
- 2 tbsps Tahini
- 2 tbsps Lemon Juice
- 1/2 tsp Sea Salt
- 1/2 tsp Cumin
- 1/4 tsp Paprika

Directions

- 1 Slice your pepper, carrot, celery & zucchini into sticks.
- 2 To make the hummus, combine chickpeas, oil, water, tahini, lemon & spices in a food processor. Process until smooth.
- 3 Line up 4 small mason jars (250 ml each). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

No mason jars, You can pack your hummus & veggies separately if needed.

Mix it Up, Substitute in different veggies like cucumber or kohlrabi.



Spinach and Sweet Potato Egg Muffins

4 servings
35 minutes

Ingredients

- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 6 Egg
- 1 cup Organic Coconut Milk (or other non-dairy milk)
- 1/2 tsp Sea Salt
- 1/2 tsp Oregano
- 1/2 tsp Turmeric

Directions

- 1 Preheat oven to 180°C. Prepare a 12-muffin tray, and line with muffin liners, or if using silicon grease slightly with olive oil.
- 2 Heat extra virgin olive oil in a large pan over medium heat. Sauté the sweet potato & spinach until wilted and tender. Tip - cover the pan for more of a steaming effect, just make sure the veggies don't get burnt. If needed, add a bit of water.
- 3 Divide spinach and sweet potato evenly into the muffin cups.
- 4 In a mixing bowl whisk eggs, coconut milk, and spices until well combined. Then pour the egg mix into the muffin cups, covering the veggies.
- 5 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size, One serving is equal to three egg cups.
Leftovers, Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.
No Baby Spinach, Use finely sliced kale or swiss chard instead.
Jazz 'em up, If you wish, you can add a dollop of almond butter or tahini just before baking these.



Peanut Butter Cookies

10 servings

30 minutes

Ingredients

1 1/2 cups All Natural Peanut Butter
2 Egg
1/2 cup Coconut Sugar
1/4 tsp Sea Salt (optional)

Directions

- 1 Preheat the oven to 170°C and line a baking sheet with parchment paper.
- 2 In a large mixing bowl combine peanut butter, eggs, sugar and sea salt (optional). Stir until a thick dough forms.
- 3 Use a tablespoon to drop even amounts of the dough onto the prepared baking sheet about 2 inches apart. Gently flatten the drops with a fork.
- 4 Bake for 10 to 12 minutes, or until golden on the bottom. Remove from the oven and let the cookies cool for 5 minutes. Transfer the cookies to a cooling rack to set completely. Enjoy!

Notes

Serving Size, One serving is equal to two cookies.

Storage, Store the cookies in an airtight container on the counter for 5 days. Cookies can also be frozen up to 3 months.



Nori & Seed Crackers

5 servings
35 minutes

Ingredients

- 1/4 cup Pumpkin Seeds (raw)
- 1/4 cup Sunflower Seeds (raw)
- 1/4 cup Chia Seeds
- 1/4 cup Sesame Seeds
- 1/2 cup Almond Flour
- 1/2 cup Water
- 1/2 tsp Sea Salt
- 4 Nori Sheets (raw or roasted, crushed)

Directions

- 1 Preheat oven to 180°C and line a baking sheet with parchment paper.
- 2 Mix all ingredients, except the nori, in a bowl until well combined. Let the mixture sit for 5 minutes so that the chia will soak up some of the water and help bind the dough together.
- 3 Now, tear the nori into small pieces and add into the mixture. This is the time to discard your mixing spoon and use your hands to "knead" the dough. The nori will soften and be easier to mix in this way.
- 4 Spread the mix onto the parchment paper and gently press down, using your hands, into an even layer. Bake for 25 minutes, until the edges look well browned & rotate the pan once in the middle.
- 5 Let the crackers cool completely before slicing them into 1" x 3" bars, or about 10 pieces. Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 5 days, or freeze if longer.

Serving Size, One serving is equal to two crackers.



Lemon Tart Smoothie

1 serving
10 minutes

Ingredients

1/4 cup Lemon Juice (fresh squeezed)
1/2 Banana (frozen)
1 cup Frozen Cauliflower
1 tbsp Hemp Seeds
1/2 cup Water
1/2 cup Organic Coconut Milk

Directions

1 Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

No hemp seeds, Add 1 tbsp almond butter

No coconut milk, Use almond milk instead

How to take it on-the-go, Store your smoothie in a glass mason jar in the fridge until ready to drink.