

12 HEALTHY SNACKS

YUMMY, HEALTHY, FILLING SNACKS FOR THE
WHOLE FAMILY



1. NUTS.

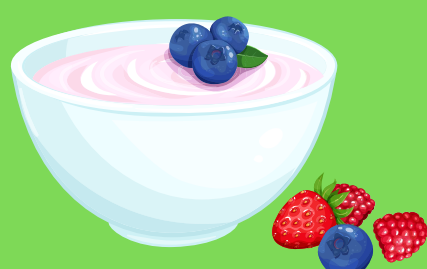
FIBRE BOMB!

Nuts provide the perfect balance of healthy fat, protein, and fiber. They contain 180 calories in a generous handful serving, on average. Perfect for taking on the go.

2. RED BELL PEPPER WITH GUACAMOLE

ANTI-OXIDANTS A-GO-GO

Red peppers are particularly high in antioxidants like beta carotene, capsanthin, and quercetin. They're are also incredibly rich in vitamin C. Pairing one with guacamole adds healthy fat and fibre.



3. PLAIN YOGURT AND BERRIES

BRAIN DEFENSES ON OVERDRIVE!

Berries are one of the best sources of antioxidants around. Eat a mixture of differently colored berries to get an array of these powerful compounds (9Trusted Source). Yogurt is full of beneficial probiotics, and filling.

4. APPLE WITH ALMOND BUTTER

FAMILY FAVOURITE

Apples are high in fibre and polyphenol antioxidants that improve gut health and reduce heart disease risk. Nuts have been shown to increase HDL (good) cholesterol and reduce LDL (bad) cholesterol and triglycerides. Consume in moderation though, nut butters are very calorie dense.



5. EMILY'S BAKED POTATO

ASTRONAUT VALIDATED SUPERFOOD

One small baked orange sweet potato with skin provides more than seven times the amount of beta-carotene that the average adult needs per day Sweet Potatoes are so good for your eyes, your brain, your skin and your gut buddies that astronauts are taking them on their space missions! They are also decadently sweet without alarming your blood sugar - can it get any better??

6. COTTAGE CHEESE, FLAX & CINNAMON

SPRINKLE ON THE GOODNESS

Cottage cheese is high in protein and very filling, and full-fat varieties boast conjugated linoleic acid (CLA), a fatty acid linked to health benefits. Flax seeds are pure fibre with great omega-3 and even omega-9s. Cinnamon helps lower blood sugar. Yum!



7. KALE CHIPS

KALED 'EM WITH KINDNESS

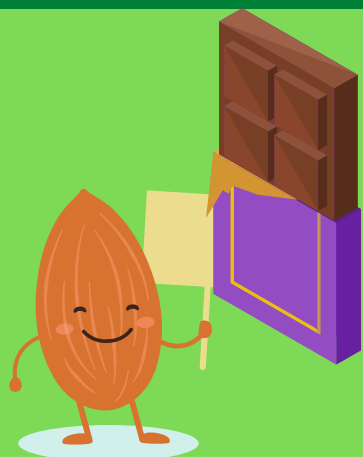
Is there anything Kale can't do?? It is one of the most nutrient dense foods on earth, packed with vitamins, minerals, antioxidants, fibre, sulfuraphanes, omega-3 fatty acids and even protein rich. 1 cup gives you your full daily recommended dose of Vit A, C and K. Take a cup full, add a small spoon of olive oil, sprinkle with salt and mis. Add spices as you wish (paprika, gomaio,....Bake in the oven at 175C for 10-12min but watch out, they burn easily. Surprisingly moorish!



8.DARK CHOCOLATE AND ALMONDS.

MAGNESIUM PARTY FOR THE HEART!

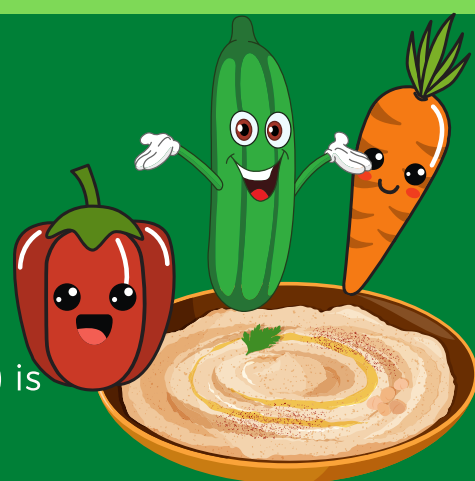
Dark chocolate (min 70%) is loaded with flavanols that are great for the heart. Couple that with almonds' heart-healthy monounsaturated fat and high fibre and you have yourself an organ friendly snack. Both dark chocolate and almonds are also high in magnesium. Add a date for some decadence!



9. HUMMUS & VEGGIE STICKS

FIRE UP YOUR IMMUNE SYSTEM!

Hummus is made from chickpeas, olive oil, and garlic, which activate your immune defences. Sesame (tahini) is one of the most calcium rich foods in the world.



10. TOMATOES AND MOZZARELLA

MEDITERANEAN POWER

Tomatoes are rich in vitamin C, potassium, and lycopene, an antioxidant that may reduce your risk of cancer and heart disease.Mozzarella is high in protein, calcium and vitamin B12. Add basil for some color.



11. CHIA PUDDING

ANTI-INFLAMMATORY DESSERT

Chia seeds are loaded with fiber and in antioxidants that help reduce inflammation . Mix 1 Tbsp of chia seeds with 80 ml of water, refrigerate for 30min. Mix in 1 Tbsp of unsweetened cocoa powder and 1 Tbsp of peanut butter. Add a pinch of honey, if desired. Enjoy!



12. BERRY SMOOTHIE WITH FLAX

PURPLE GOODNESS AGAINST OXIDATIVE STRESS

Berries are packed with amazing polyphenols - plant power packed into a pretty and delicious package. Berry smoothies are convenient and nutritious - just blend frozen berries with your preferred plant milk,, add a banana or dates for sweetness and a Tbsp of flax seeds for fibre and texture.



AND SO MUCH MORE!

OLIVES, BOILED EGGS, MARINATED ARTICHOKE.... THE LIST GOES ON. TRY TO STAY AWAY FROM PACKAGED TREATS AND EXPERIMENT WITH NO ADDED SUGAR FOODS FOR OPTIMAL ENERGY DURING THE DAY AND RESTORATIVE SLEEP AT NIGHT.