

Snacks

Coconut-Almond Macaroons

Ingredients:

6 dates, soaked
2 cups dried coconut
3/4 cup almonds
1/2 cup coconut butter/oil
2-3 tbsp almond butter
1/2 tsp vanilla – or more to taste
Dash of sea salt

Prep Time: 10 minutes

Yield: 15-25 balls depending on the size

Directions:

1. Set dates to soak at least 30 minutes before you plan to make your macaroons.
2. Process all ingredients in a food processor until well combined. You can adjust sweetness by adding more dates or a little maple syrup.
3. Form little balls with the mixture. You need to press the mixture firmly with your hands so it all sticks together. If the mixture is too dry and not holding, add more coconut oil or almond butter until you can form the balls with your fingers. (Note: you will never reach a play-do texture so don't try to roll the balls between the palms of your hands.)
4. Set the macaroons in the fridge for a few minutes. The coconut oil will harden and hold them firm. You can leave on the counter afterwards, unless it's 100 degrees out! :)

Variations:

Melt some dark chocolate chips and dip the macaroons in the syrup. Set in the fridge again so the syrup hardens again.

© Transformation One

Kale Chips

Ingredients:

1-2 bunches of kale
olive oil

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Directions:

1. Preheat oven to 425 degrees.
2. Remove kale from stalk, leaving the greens in large pieces.
3. Place a little olive oil in a bowl, dip your fingers and rub a very light coat of oil over the kale.
4. Lay kale out on a baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on the kale, it can burn quickly. Turn the kale over and bake with the other side up.
5. Remove and serve.

Variations:

Try different kinds of kale or collard greens. You can sprinkle with a little salt or spice such as curry or cumin after rubbing on olive oil for a little added flavor.

© Integrative Nutrition

Snacks

Veggie Muffins

Ingredients:

1 cup veggies, grated or finely chopped (whatever you like/have in your refrigerator)
2 eggs, beaten
2 cups spelt flour
1/2 cup parsley, finely chopped
1 cup soy or rice milk
pinch of sea salt

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 6 muffins

Directions:

1. Preheat oven to 325 degrees.
2. Mix flour and salt in a bowl.
3. Make a well, add eggs, veggies and parsley.
4. Mix lightly, gradually add milk. This is supposed to be lumpy so don't work too hard!
5. Spoon into muffin tray that is lightly oiled.
6. Bake for 12-15 minutes.
7. Remove and allow to set for 10 minutes, then serve.

© Integrative Nutrition

Polenta

Ingredients:

1 cup yellow corn grits
1 teaspoon tamari
1 tablespoon olive oil
generous pinch dried basil
3 cups filtered water

Prep Time: 5 minutes

Cooking Time: 40 minutes

Yield: 6 servings

Directions:

1. Place all the ingredients in a saucepan and whisk to combine.
2. Bring to a boil over medium-low heat, whisking frequently to prevent lumping and scorching.
3. Reduce heat to low and cook polenta over low heat, whisking frequently until the center of the polenta bursts like a big bubble.
4. Spoon polenta evenly into a lightly oiled shallow baking dish and set aside. The polenta will be firm after about 30 minutes.

Variations:

Try adding 1 cup of your favorite finely chopped vegetable to the mix, or 10-15 chopped olives.

© Integrative Nutrition

Snacks

Wheat-Free Sunflower Crunches

Ingredients:

1 cup sunflower seeds
1/2 cup sesame seeds
1 tablespoon poppy seeds (optional)
1 tablespoon maple syrup
1 1/2 tablespoons olive oil

Prep Time: 10 minutes

Yield: 10-15 servings

Directions:

1. Preheat oven to 375 degrees
2. Combine sunflower, sesame, and poppy seeds, then blend.
3. Add oil and maple syrup, and blend again.
4. Roll dough into several long pieces and place them on a lightly oiled baking sheet.
5. Bake for 15-20 minutes.

© Integrative Nutrition