

SMART SNACKS

Improving human health through foods with (fun), flavor and function.

WALNUTS Fights Cancer Cells

Energy Balls

- 6 medjool dates, soaked
- ½ cup rolled oats
- ¾ cup walnuts
- ½ cup dried cranberries
- ½ cup shredded coconut
- ¼ cup dark chocolate chips
- 1 tbsp. cinnamon

Soak dates in water for a few hours, pour off water and save to add to dry mixture. Cut dates in half and remove pits. Pour dates into a food processor and blend until smooth. Mix together remaining ingredients in a separate bowl. Pour date paste over the dry ingredients. Stir together until paste is fully incorporated and mixture is sticky. If too dry, add date water, one tablespoon at a time, until sticky texture is reached. Form into balls. Refrigerate for at least one hour for balls to solidify. Store in airtight container in the refrigerator for up to two weeks.



Walnut Energy Balls

BLUEBERRIES

Great for Gut Health

Blueberry Chocolate Bark

- 1 cup chocolate yogurt
- ¾ cup blueberries
- ¼ cup dark chocolate
- ¼ cup pumpkin seeds

Mix all ingredients together. Pour into a cake pan. Put in the freezer until frozen. Cut into bars. Wrap individually to store in freezer.



BLACKBERRIES

Powerful Prebiotics

Blackberry Cream Cheese Taco

- 1 flour tortilla
- 2 tbsp. cream cheese
- Handful of blackberries
- Handful of almonds
- 1 tbsp. local honey

Spread cream cheese onto tortilla. Top with blackberries and almonds. Drizzle honey over toppings and roll up as a taco.



SEAWEED

Reduces Inflammation

Sushi Roll

- 1 cup white rice or quinoa
- 1 cucumber, finely chopped
- 1 sheet of nori seaweed

Optional: finely chopped carrots, peppers, spinach and avocado

Cook white rice or quinoa until soft. Finely chop cucumbers and optional vegetables. Roll up the rice and cucumber mixture in a sheet of nori seaweed. Slice into quarter-size rolls.



SWEET POTATO

Diabetic Friendly

Sweet Po-Tater Tots

- 1 large sweet potato, chopped finely
- 1 tbsp. coconut flour
- 1 egg
- 1 tsp. sea salt
- 1 tsp. pepper

Preheat oven to 350°F. Finely chop sweet potatoes. Combine with coconut flour, egg, sea salt and pepper. Thoroughly mix and hand pat into tater tots. Put on greased cookie sheet and bake for 10 minutes. Turn them over and bake for another 10 minutes. Serve warm.

