



EAT FOR LIVING

Snacks & Dips

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<http://www.eatforliving.ca>



Blueberry Chia Parfait

2 servings
30 minutes

Ingredients

1 3/4 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1 tbsp Maple Syrup
1 cup Frozen Blueberries (thawed)
1/4 cup Slivered Almonds

Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 3 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds: Use shredded coconut or hemp seeds instead.

Chia Will Not Gel: If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!



Pumpkin Spice Chia Pudding

2 servings
30 minutes

Ingredients

1/4 cup Chia Seeds
3/4 cup Unsweetened Almond Milk
1/4 cup Pureed Pumpkin
1/2 tsp Pumpkin Pie Spice
2 tbsps Unsweetened Coconut Yogurt
(divided)

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the coconut yogurt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Almond Milk: Use coconut, cashew, hemp or oat milk instead.

Likes it Sweet: Add a drizzle of maple syrup or honey on top.

Additional Toppings: Top with nuts, seeds and/or fruit of choice.

More Protein: Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.



Chai Spiced Energy Bites

15 servings

10 minutes

Ingredients

1/2 cup Unsweetened Shredded Coconut
1/2 cup Almonds (raw)
2 tbsps Hemp Seeds
1 cup Pitted Dates (medjool)
1 tbsp Coconut Oil
1 1/2 tsps Vanilla Extract
1/4 cup Almond Butter
1 tsp Cinnamon
1 tsp Ground Ginger
1/2 tsp Cardamom (ground)
1/4 tsp Black Pepper (ground)
1/4 tsp Ground Cloves
1/4 tsp Nutmeg (ground)
1/4 tsp Sea Salt (fine grain)

Directions

- 1 Pulse almonds and 1/2 cup shredded coconut in food processor until well ground.
- 2 Add remaining ingredients and blend until all ingredients are combined into a dough-like consistency.
- 3 Roll a teaspoon size amount between the palms of your hands to form a ball.
- 4 If you like, roll into either shredded coconut or sesame seeds to coat.
- 5 Store in the refrigerator in a glass container.

Notes

Make it quick: Instead of all the warming spices, I quite often simply use 2 teaspoons of a Chai Spice blend.



Pumpkin Tahini Energy Balls

15 servings

15 minutes

Ingredients

1/2 cup Coconut Flour (Bob's Red Mill)
2 tbsps Coconut Oil (melted)
1/2 cup Pureed Pumpkin
1/4 cup Tahini
3 tbsps Maple Syrup
2 tsps Cinnamon
1/4 cup Sesame Seeds

Directions

- 1 In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
- 2 Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
- 3 Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
- 4 Cover and store in the fridge up to 5 days, or the freezer for a month.

Notes

No Tahini: Use any type of nut or seed butter.

No Sesame Seeds: Roll them in crushed pumpkin seeds or hemp seeds instead.

Best Results: This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.



Coconut Brownie Bites

14 servings

15 minutes

Ingredients

1 cup Almonds
1/4 cup Cocoa Powder
1/2 cup Unsweetened Coconut Flakes
(divided)
1 cup Pitted Dates (soaked and
drained)
1 1/2 tbsps Coconut Oil
1 tbsp Raw Honey

Directions

- 1 Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
- 2 Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
- 3 Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!



Apple with Almond Butter

2 servings

5 minutes

Ingredients

2 Apple
1/4 cup Almond Butter

Directions

- 1 Slice apple and cut away the core.
:
- 2 Dip into almond butter.
:
- 3 Yummmm.



Banana with Almond Butter

2 servings

2 minutes

Ingredients

2 Banana
1/4 cup Almond Butter

Directions

- 1 Slice banana.
:
- 2 Dip in almond butter.
:
- 3 Bam.



Almond Butter Stuffed Dates

1 serving
5 minutes

Ingredients

1/4 cup Pitted Dates
2 tbsps Almond Butter

Directions

- 1 Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free: Use sunflower seed butter or tahini instead of almond butter.
Dress Them Up: Sprinkle with coconut flakes, cacao nibs, or hemp seeds.



Banana Sushi

2 servings

5 minutes

Ingredients

2 Banana (peeled)
2 tbsps Almond Butter
2 tbsps Hemp Seeds

Directions

- 1 Spread almond butter onto banana.
:
- 2 Sprinkle hemp seeds over top.
:
- 3 Slice and enjoy!

Notes

No Hemp Seeds: Use sunflower seeds instead.



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ 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

Homemade: Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up: Substitute in different veggies like cucumber or zucchini.



Cherry Balsamic Glazed Yogurt

2 servings
15 minutes

Ingredients

1 cup Cherries (pitted)
2 tbsps Maple Syrup
1/4 cup Balsamic Vinegar
1 1/2 cups Unsweetened Coconut
Yogurt
2 tbsps Hemp Seeds

Directions

- 1 In a small saucepan, combine the cherries, maple syrup and balsamic vinegar over medium heat. Let simmer for approximately 10 to 12 minutes or until the liquid has reduced by almost half. Let cool.
- 2 Divide the yogurt into bowls or containers. Top with the cherry balsamic glaze and hemp seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 3/4 cup of yogurt with 1/3 cup of cherry balsamic glaze.

Additional Toppings: Top with blueberries, blackberries, coconut flakes, almond slices, crushed pistachios, bee pollen or sunflower seeds.

No Coconut Yogurt: Use sheep yogurt, dairy yogurt, oatmeal or ice cream instead of coconut yogurt.



Gingerbread Oatmeal Bars

8 servings
1 hour 20 minutes

Ingredients

1/3 cup Maple Syrup
1 1/2 tbsps Blackstrap Molasses
1/2 cup Almond Butter
1 cup Oats
1/3 cup Pumpkin Seeds
1/3 cup Walnuts (roughly chopped)
1/3 tsp Ground Ginger
1 tsp Cinnamon
1/4 tsp Nutmeg
1/4 tsp Ground Cloves
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 325°F (163°C) and line a baking pan with parchment paper.
- 2 In a large bowl add the maple syrup, molasses and almond butter and stir well. Add the oats, pumpkin seeds, walnuts, ginger, cinnamon, nutmeg, cloves and sea salt into the maple syrup mixture. Stir to mix, ensuring everything is well combined.
- 3 Pour the mixture into the prepared pan. Wet your fingertips with a bit of water to prevent sticking and smooth down the mixture with your hands. Bake for 16 to 18 minutes.
- 4 Let the pan cool for up to 20 minutes. Transfer to the fridge to chill completely for about an hour, and then slice into bars. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size: One serving is equal to one bar. An 8x8 inch pan was used to make eight servings.



Cranberry Energy Bars

10 servings

30 minutes

Ingredients

3/4 cup Unsweetened Coconut Flakes
1/2 cup Pecans (chopped)
1/3 cup Sesame Seeds
1/4 cup Pumpkin Seeds
1/4 cup Sunflower Seeds
1/4 cup Ground Flax Seed
1/4 cup Dried Unsweetened Cranberries
1/4 tsp Sea Salt
1/4 cup Raw Honey
1/4 cup Sunflower Seed Butter

Directions

- 1 Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
- 2 Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
- 3 Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
- 4 Bake in oven for 15 minutes.
- 5 Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

Notes

Nut Allergy: Skip the pecans and double up on the sunflower and pumpkin seeds.



Protein Packed Deviled Eggs

2 servings

20 minutes

Ingredients

4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 Cucumber (sliced)

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.



Roasted Beet Hummus

8 servings

30 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil (plus 1 tablespoon for drizzling)
5 Garlic Clove (large)
4 Beet (roasted, peeled and roughly chopped)
1 can Chickpeas (19 ounce or 540 ml)
1 Lemon (fresh squeezed)
2 tbsps Tahini
1/2 tsp Smoked Paprika
1/4 tsp Sea Salt
1/3 cup Walnuts (chopped for garnish)

Directions

- 1 Preheat oven to 400 degrees F. Rinse and trim ends (no need to peel at this point). Rub each beet with enough olive oil to coat. Sprinkle with sea salt and wrap individually, along with a clove of garlic, in tin foil. Roast until fork tender. Remove from oven and allow to cool till warm enough to handle. Unwrap the beets and peel by rubbing the skin - they will easily rub off.
- 2 In a food processor add chickpeas, lemon juice, tahini, paprika, 1/4 teaspoon salt and 4 tablespoons olive oil. Puree until chunky but smooth. Add the chopped, cooled beets and garlic and puree until smooth. Season with salt and pepper to taste.
- 3 Place hummus into desired serving dish and top with chopped walnuts and drizzle with a little olive oil.
- 4 Serve with carrot sticks and/or cucumber slices for dipping. My favourite is to serve with homemade seasoned pita chips (recipe follows).



Black Bean Dip

6 servings
15 minutes

Ingredients

2 1/4 cups Black Beans (cooked, from the can)
2 tsps Cumin
1/2 tsp Smoked Paprika
2 tbsps Extra Virgin Olive Oil
1 Lime (juiced)
1 tsp Sea Salt

Directions

- 1 Add all ingredients to the jar of your food processor and process until very smooth.
- 2 Transfer into a bowl and enjoy!

Notes

Serve it With: Brown rice tortilla chips, veggie sticks or as a spread.

Leftovers: Store in an airtight container in the fridge for 5 days, or freeze for two months or more.



Pumpkin Hummus

2 servings

10 minutes

Ingredients

1/4 cup Pureed Pumpkin
1 cup Chickpeas (cooked, drained and rinsed)
1 Garlic (clove)
1/4 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Make it Spicy: Add chili powder, cayenne pepper or chili flakes.

Extra Toppings: Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Storage: Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



Turmeric Hummus

6 servings
10 minutes

Ingredients

3 cups Chickpeas (cooked or canned)
1 1/2 Garlic (clove)
1 1/2 tbsps Tahini
1/4 cup Apple Cider Vinegar
3/4 tsp Turmeric
3/4 tsp Sea Salt

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers: Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.