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NUTRITIOUS SNACKS

TO EAT ON THE **GO!**

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There's nothing worse than rushing around trying to meet deadlines, fulfilling your never ending 'To do' list only to realise that it's too late, your low blood sugar moment has got the better of you - hunger pangs have kicked in, your concentration levels have plummeted, and you're ready to reach for the nearest food that you can grab to overcome this wild fuzzy feeling.

Here are some **healthy nutritious snacks** that are incredibly quick and easy to prepare and plan ahead and convenient enough to pack in your briefcase or lunch box.

They'll help **balance** those blood sugar levels throughout the day leaving you energised, focussed and feeling in control of your day!



1. ROASTED ALMONDS

INGREDIENTS:

- 250g of almonds
- ½ oz-1 oz butter
- 1 teaspoon of Himalayan salt

METHOD:

Preheat oven to 175 degrees C

Spread almonds on a roasting tray and cook in oven for 15 minutes turning occasionally.

Then remove from oven and stir in butter and sprinkle with Himalayan salt.

Return almonds to oven for 2 more minutes then take out, cool down and serve or store in an air tight container.



2. HOMEMADE HOUMOUS

Having eaten homemade houmous you will never want to go back to having shop bought, I promise!

INGREDIENTS:

- 1 red onion
- 2 cloves of garlic
- 2 tablespoons of olive oil for (cooking)
- 400g chickpeas (tinned or pre-soaked)
- 1 teaspoon of Himalayan salt
- 1 tomato chopped finely
- 3-4 tablespoons of freshly squeezed lemon juice
- Olive oil to drizzle (optional)
- Sprinkle of chilli flakes/ fresh coriander leaves
- Chopped vegetables of your choice accompanying houmous



METHOD:

Chop onion and garlic and cook on a low heat with olive oil for about one minute. Rinse tinned chickpeas or boil pre-soaked in salt and water until they are soft and break easily (approximately 45 minutes). Then drain water and leave to cool down. Add 2 tablespoons of olive oil, cooked onion mixture along with a finely chopped tomato and salt to taste. Blend together, and garnish with olive oil and coriander or sprinkle over chilli flakes or chopped coriander. **Absolutely scrumptious!**

Serve with chopped celery, carrots, cucumber, breadsticks or any vegetable of your choice. If you're taking this to work, chop up some vegetables and take the houmous in a small container to snack on.

3. SUGAR FREE ENERGY BITES

INGREDIENTS:

- ¼ cup of sunflower seeds
- ¼ cup of pumpkin seeds
- 3 figs finely chopped
- 3 apricots finely chopped
- ½ teaspoon of cinnamon
- Pinch of Himalayan salt
- ¼ cup of freshly squeezed orange juice
- 3 tablespoons of desiccated organic coconut flakes



METHOD:

Place all the dry ingredients except the coconut flakes in a chopper chop coarsely and mix. Add enough freshly squeezed orange juice to make the mixture in to small balls. Roll in desiccated coconut and leave in fridge for one hour before serving.

4. ROASTED CHICKPEA SNACK

INGREDIENTS:

- 1 cup of chickpeas soaked overnight in water/400g of canned chickpeas
- 2 tablespoons of olive oil
- 1 tablespoon of cumin powder
- 1 teaspoon of coriander powder
- 1 teaspoon of garlic salt
- 1 teaspoon of Himalayan salt
- Chilli powder (optional)



METHOD:

Preheat oven to 175 Degrees Celsius between gas mark 3-4.

If using soaked chickpeas then boil until soft (approx 45 minutes in some salt). If using tinned chickpeas, rinse under water. In a separate bowl, mix together all the remaining ingredients and stir in the chickpeas. Place on a baking tray and cook for approximately 45 minutes stirring occasionally. Once cooled, store in an air tight container.

A great snack for children as well as adults, can vary ingredients according to taste.

5. GLUTEN AND SUGAR FREE CHOCOLATE BROWNIES

INGREDIENTS:

- 150g Plain cooking chocolate
- 100g butter
- 100g Gluten free plain flour
- 1 teaspoon of stevia drops (substitute for sugar)
- 1 teaspoon baking powder
- 3 eggs



METHOD:

Preheat oven to 180 degrees C or gas mark 4. Grease a baking dish with coconut oil.

Break chocolate into pieces and melt in a jug placed in a saucepan with hot water. Also melt butter in a saucepan over a low heat for a few seconds.

Once chocolate and butter has melted, mix with together to make a smooth paste. In a separate bowl mix together the flour, stevia drops and baking powder. Beat the eggs with the dry ingredients, stir in the melted chocolate and butter and pour in to a greased baking dish and cook for approximately 25 minutes. Cut in to squares and serve.

To your health

Sadhna x