



# HEALTHY SNACKS

**In Good Health**

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# HEALTHY SNACKS



## HERE'S YOUR GUIDE TO HEALTHY SNACKING!

I created this ebook to help you have as many go-to snacks that are not only healthy but tasty as well! It's packed with tips and recipes that will help you stay on-track while feeling energized and satisfied.

I have included a portion control guide, along with the tips for swapping snacks and easy grab-and-go selections.

There are also included a dozen recipes.

## WHAT'S INSIDE

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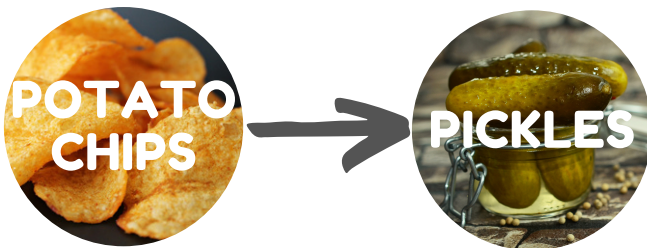
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# TASTY SNACK SWAPS

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Cravings happen! With a little planning you can head them off with smart swaps that will satisfy your tastebuds AND keep you on-track.

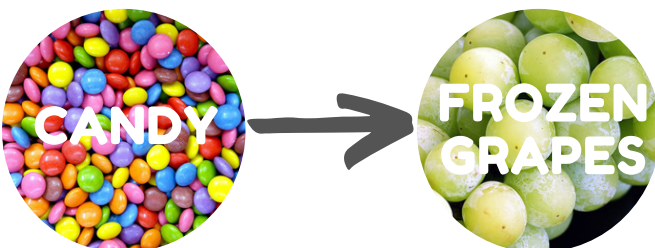
Here are some tips for making your own snack swaps.



- ✓ Keep your swap in the same taste family (salty, sweet, savory, etc.)

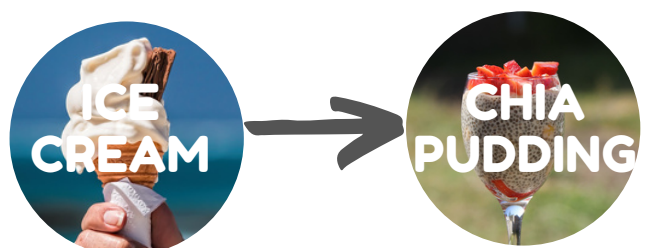
- ✓ The same goes for textures: creamy, crunchy, chewy

- ✓ It should contain fewer calories
- ✓ Make sure it has more good-for-you nutrients



- ✓ Whole foods > boxed/canned/bagged foods
- ✓ Foods lower in added fat have fewer calories

- ✓ Your swap should have plenty of fiber and/or protein to keep you feeling full
- ✓ Check that it's low in added sugar



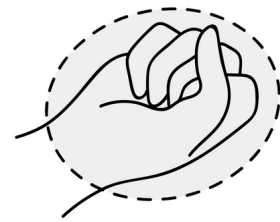
# PORTION PATROL GUIDE

EVEN CALORIES FROM THE HEALTHIEST FOODS CAN ADD UP FAST. HERE'S YOUR GUIDE TO PROPER SERVING SIZES

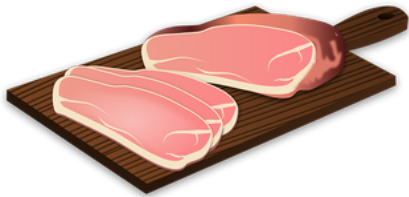
## FRUIT



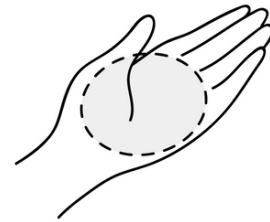
Fistful = 1 cup



## MEAT + FISH



Palm = 3 to 4 oz.



## NUTS + SEEDS



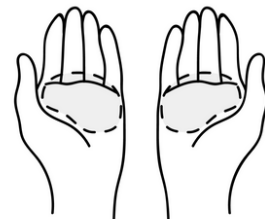
Handful = 1/4 cup



## VEGETABLES



2 big handfuls = 2 cups



## OILS+ NUT BUTTER



Thumb = 1 oz.



# QUICK LOW-CAL, HIGH- ENERGY SNACKS



## *12 snacks under 100 calories*

- 01 ½ cup edamame
- 02 24 pistachios
- 03 1 tbsp. nut butter + 2 celery stalks
- 04 1 cup blueberries
- 05 1 hard-boiled egg
- 06 6 large shrimp
- 07 14 almonds
- 08 8 baby carrots + 2 tbsp hummus
- 09 1 frozen banana
- 10 ½ cup pumpkin seeds
- 11 2 medium figs
- 12 ½ Lara or Kind bar (or other whole foods bar)



# NICE CREAM

*makes 3 servings*

## INGREDIENTS

- 8 oz. (250g) frozen pineapple
- 1/2 cup (100g) banana slices or mango chunks (fresh or frozen)
- 1/2 tbsp lemon or lime juice

## DIRECTIONS

Combine all ingredients in a high-speed blender. Blend until smooth.

If you are using frozen bananas or mangos, you might need to add a little water or almond/coconut milk.

Serve immediately.

*Hint: Experiment with other fruits to create new flavor combos*

# BRUSSELS SPROUTS CHIPS

*makes 4 servings*

## INGREDIENTS

- 1 lb. (450g) Brussels sprouts
- 2 tbsp. extra-virgin olive oil
- Pink Himalayan salt
- Freshly ground pepper
- 1/4 cup (25g) Parmesan cheese or nutritional yeast

## DIRECTIONS

- Preheat oven to 400° F/200° C.
- Cut stem end from each sprout and remove as many leaves from the sprout as you can.
- Transfer the leaves to a large rimmed baking sheet. Toss with olive oil until each piece is evenly coated on both sides. Season with salt and pepper.
- Spread the Brussels sprouts evenly in a single layer on the baking sheet. Sprinkle with cheese or nutritional yeast.
- Bake for 10-12 minutes, until the Brussels sprouts are caramelized and starting to become crispy.
- Remove from oven and sprinkle with more Parmesan, if desired. Cool for at least 10 minutes before serving – they will become even crispier.

# DRIED PLUM "POPPERS"

*makes 1 serving*

## INGREDIENTS

- 3 prunes (or dried plums)
- 3 slices uncured sliced deli meat
- 3 tree nuts (walnuts, pecans, almonds, cashews)

## DIRECTIONS

- Stuff each dried plum with a nut, and wrap with deli meat.
- Enjoy!



# SWEET POTATO CHIPS & GUACAMOLE

*makes 2 servings*

## INGREDIENTS

- 1 large sweet potato
- 1 tbsp grass-fed butter or ghee, melted
- 1 tsp pink Himalayan salt
- 1 ripe avocado
- ½ tbsp lemon juice
- ½ clove crushed garlic
- Dash of pink Himalayan salt

## DIRECTIONS

- Preheat oven to 400° F/200° C. Slice the sweet potato into ¼-inch rounds and toss with the melted butter/ghee. Place on a parchment paper-lined baking sheet.
- Roast in the oven for 30-35 minutes, until crispy and golden. Remove and let cool slightly.
- Prepare guacamole by mashing remaining ingredients together in a bowl, using a fork. Taste to adjust seasonings. Place in refrigerator until sweet potato is cooked.
- Serve and enjoy!

# PECAN PIE ENERGY BALLS

*makes 16 balls*

## INGREDIENTS

- 3/4 cup (90g) pecans
- 2 tbsp chia seeds
- 1 cup (225g) pitted and chopped dates
- 1 tsp vanilla extract
- 1 tsp pumpkin pie spice
- Dash (or 2) pink Himalayan salt

- Preheat oven to 350°F/177°C. Line a baking sheet with parchment paper and place pecans on it, and toast in the oven for about 6 minutes.
- When they're out of the oven and cooled, add dates to a food processor and pulse until they are chopped.
- Add the nuts, vanilla, and salt, and process until fully combined and it sticks together like a dough, about 2-3 minutes. If it's too thick, add 1-2 tsp water.
- Remove the mixture from the processor and roll into 16 balls. Place in freezer for 15-20 minutes to firm, and then store covered in the refrigerator.

# 4-INGREDIENT PALEO CRACKERS

*Makes about 40 crackers*

## INGREDIENTS

- 2 cups (190g) almond flour
- 2 eggs
- ½ tsp salt (or to taste)
- ½ tsp ground pepper (or to taste)
- Optional: ½ cup grated parmesan

## DIRECTIONS

- Preheat oven to 350°F/177°C and line a baking sheet with parchment paper.
- Mix almond flour, eggs, salt, and pepper in a blender until it forms a dough.
- Roll the dough between 2 pieces of parchment paper until it's about ⅛-inch thick.
- Remove the top layer of paper and cut into shapes (squares are easiest).
- Place the crackers on the baking sheet and sprinkle with sea salt, freshly ground pepper and/or the parmesan cheese.
- Bake until lightly browned (about 12 minutes).
- Remove from oven and cool.

# ROASTED CAULIFLOWER HUMMUS

*makes 6 servings*

## INGREDIENTS

- 3 cups (320g) cauliflower florets, chopped
- 2 tbsp olive oil
- ½ tsp pink Himalayan salt
- 4 garlic cloves, minced
- 1.5 tbsp tahini paste
- Juice from ½ lemon
- 3 tbsp olive oil
- ¾ tsp pink Himalayan salt
- Optional: smoked paprika and extra olive oil for serving

## DIRECTIONS

- Preheat your oven 400° F/200° C. In a bowl, toss the cauliflower with the olive oil and salt. Place on a sheet pan and roast in the oven for about 20 minutes, until florets start to brown and caramelize.
- Place the cauliflower in a high-speed blender or food processor and add remaining ingredients. Blend until smooth (you might have to scrape down sides occasionally).
- Taste and adjust the seasonings. Place in bowl and drizzle with optional oil/paprika. Serve with veggies, fruit, almond crackers, etc.

# PROSCUITTO CHIPS

*makes 2 servings*

## INGREDIENTS

- 3 oz. (85g) thinly sliced Prosciutto ham

## DIRECTIONS

- Preheat your oven to 350°F/177°C.
- Line a baking sheet with a piece of parchment paper. Place the prosciutto slices in a single layer on top, being careful not to overcrowd.
- Bake for 10 to 15 minutes (thicker slices will take longer), until they get crispy. Make sure they don't burn.
- Remove from oven and place your chips on a wire rack to cool, whether they will get even crunchier.
- Use these as a salad topper, snacking chip, or tossed with veggies for texture and flavor.

# SUPER SIMPLE BANANA PUDDING

*makes 2 servings*

## INGREDIENTS

- 1 ripe banana peeled and sliced
- 1/4 cup (60ml) nut milk
- 1½ tbsp chia seeds
- Dash of vanilla extract and cinnamon (optional)

## DIRECTIONS

- In a high-speed blender or food processor, combine the banana and nut milk. Process until smooth.
- Add the chia seeds, vanilla, and cinnamon and blend for 15-20 seconds to mix.
- Pour mixture into a bowl and chill 30-60 minutes so chia seeds can absorb liquid. Eat and enjoy!

# CHIPOTLE- ROASTED NUTS

*Makes 12 servings*

## INGREDIENTS

- 3 cups (450g) raw nuts (almonds or cashews work best)
- ½ tsp chipotle chili powder
- ½ tsp smoked paprika
- 1 tbsp olive oil
- 1 tsp Pink Himalayan sea salt

## DIRECTIONS

- Preheat oven to 325°F/165°C and line a baking sheet with parchment paper
- Toss the nuts in a large bowl with the rest of the ingredients. Spread the nuts on a single layer on the baking sheet.
- Roast for 25-30 minutes, taking them out every 10 minutes and stirring so the nuts will evenly brown.
- When they're done, you can add extra salt if you want, and allow them to cool before serving. Store in a covered container in the refrigerator or at room temperature.



# HEALTHY EATING MADE SIMPLE

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