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Easy and Healthy

SNACK RECIPES

BY TAYLOR KISER

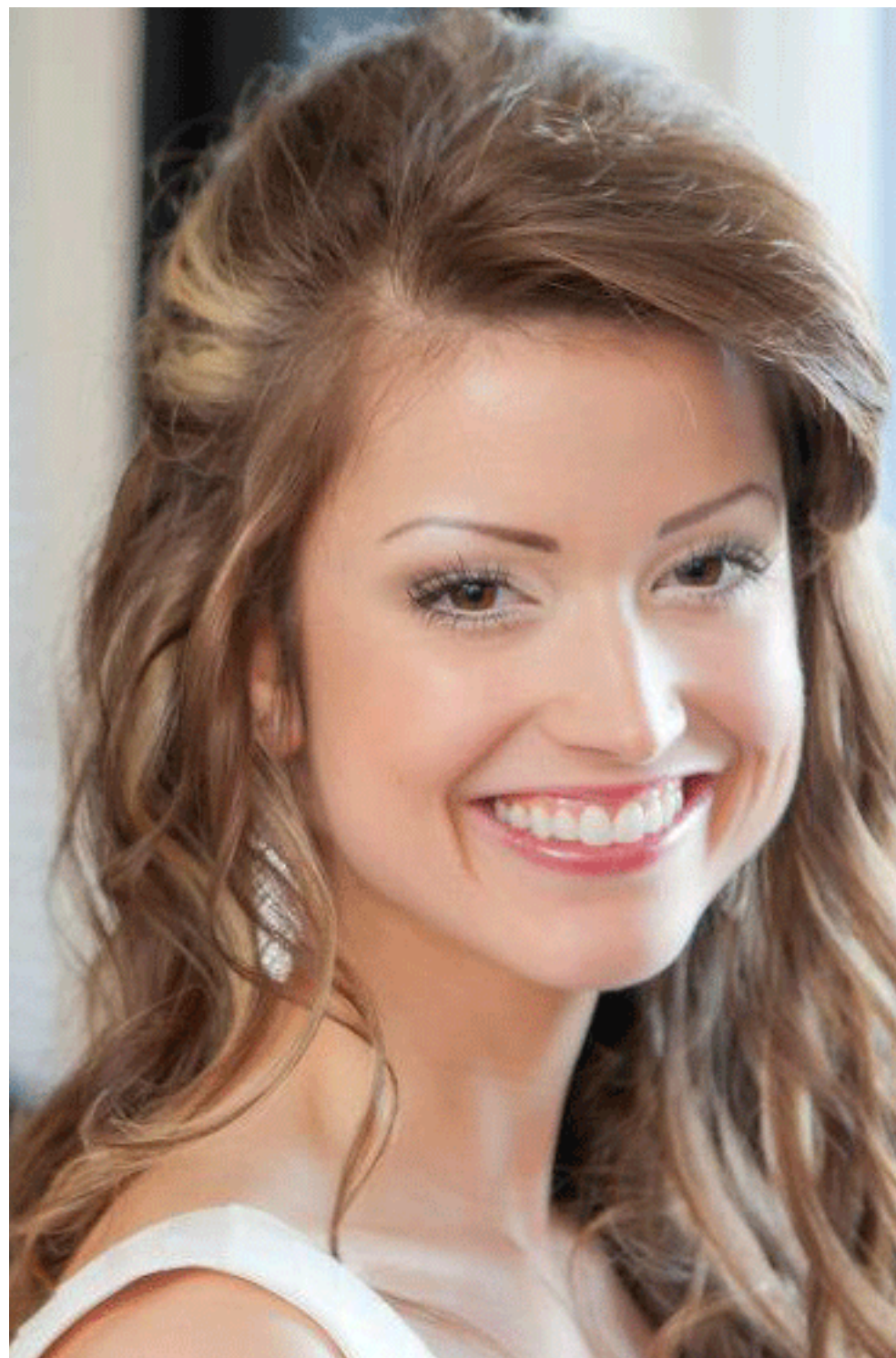


SO YOU LIKE SNACKS YOU SAY?

ESPECIALLY WHEN THEY'RE HEALTHY AND EASY?

Hi! I'm Taylor. But most people call me "Tate" or "Tater-tot." I'm the recipe developer, picture taker-er and random post writer-er behind the blog "**Food Faith Fitness!**" Food Faith Fitness a blog devoted to mostly healthy recipes (but I believe in moderation, so let's eat cookie sometimes kay?) fitness/nutrition tips, and thoughts on faith and life. In this here little e-book-eroo you will find 7 of the easiest and healthiest snack recipes from FFF, as well as 3 NEVER before (and never will be!) seen recipes just as a thank you for subscribing to e-mail updates!

READ ON TO GET SNACKIN !



ALMOND JOY "CHEESECAKE"



Prep Time: 10 mins.

Cook Time: 30 mins.

1/2 CUP LOW FAT COTTAGE CHEESE
1/2 SCOOP CHOCOLATE PROTEIN POWDER
(ABOUT 3 TBSP) *
1/4 TSP STEVIA OR SWEETENER OF
CHOICE, TO TASTE
2 TBSP NATURAL ALMOND BUTTER **
1 TBSP UNSWEETENED COCONUT FLAKES

Notes:

** I prefer to use casein protein powder over whey, as it is thicker, but whey will be just as yummy!*

*** You can use only 1 Tbsp if you want to make this even lighter, but it's much better with 2!*

**** You can also eat it immediately, I just think the texture is closer to cheesecake once it chills and firms up.*

This quick and easy, high protein snack tastes just like Almond Joy Cheesecake, but it's packed with protein and is super healthy!

1. In a small food processor, blend the cottage cheese, protein powder, sweetener and 1 Tbsp of almond butter. I always layer them in that specific order, as I find it blends the best that way.
2. Process until well mixed and the cottage cheese is creamy and smooth. Note that the mixture is very thick, so you will have to stop the food processor and scrape down the sides a few times, and then keep blending until smooth.
3. Transfer the mixture into a small bowl and place into the freezer for 30 minutes – 1 hour to let it set up a little ***.
4. While it chills, spread the coconut flakes onto a small baking sheet and toast them in a 400 degree oven until light golden brown, about 1 -2 mins.
5. Once the cheesecake has set, top with additional 1 Tbsp of almond butter (if using) and toasted coconut flakes and DEVOUR.



PEANUT BUTTER & JELLY QUINOA EGG MUFFINS



Prep Time: 10 mins.

Cook Time: 35 mins.

1- 1/4 CUP STRAWBERRIES, DICED*
2/3 CUP UNSWEETENED VANILLA ALMOND MILK
PINCH OF SALT
1/3 CUP QUINOA, UNCOOKED
1/4 CUP NATURAL PEANUT BUTTER,
+MORE FOR GARNISH
3-4 TBSP HONEY, DIVIDED
4 EGG WHITES
1 EGG
1/4 CUP ROASTED PEANUTS, FINELY CHOPPED**

Notes:

**I tried these muffins with both fresh and frozen strawberries. Like expected, the fresh does taste better but frozen works too, with a few tweaks.*

Here are the changes I would make between fresh and frozen:

If using frozen, thawed berries: Use 1 cup diced and use 3 1/2 Tbsp honey in the quinoa and 1/2 tbsp of honey to roast the berries (make sure to get out as much liquid from the thawed berries before roasting)

If using fresh berries (the best): Use 1 1/4 Cup berries (as they shrink down more than frozen) and 2 1/2-3 1/2 Tbsp of honey in the quinoa (I liked 2 1/2 Tbsp, Mr. FFF likes 3 1/2) and 1/2 tbsp. on the fruit, depending on if you like a very sweet muffin.

This egg muffin recipe tastes like a peanut butter and jelly sandwich and is quick, easy, healthy and portable! They're great for kids and adults!

1. Preheat your oven to 450, line a baking sheet with parchment paper and generously (very key!) spray a muffin tin with cooking spray.
2. Toss your strawberries with 1/2 Tbsp of the honey and spread onto the parchment lined baking sheet and place into the oven for 10 minutes, until the strawberries release their juices. Once cooked, spoon them into a strainer to strain out any excess juices. Set aside.
3. In a large pot, bring the almond milk and a pinch of salt to a boil. Stir the quinoa into the boiling milk. Cover the pot and cook on low heat until most of the milk is absorbed, about 20-25 minutes.
4. Place the peanut butter into a large bowl and microwave for 1 minute, until it melts. Stir in the honey and the cooked quinoa until well mixed.
5. In a separate small bowl, whisk together the egg whites and egg yolk and pour into the quinoa mixture, stirring until the quinoa begins to absorb the egg. Your mixture will be a little bit soupy.
6. Fill 8 of the muffin tins 1/2 of the way full and then divide the cooked strawberries evenly between them, gently stirring around to evenly distribute them. Cover with the remaining quinoa mixture, and sprinkle with the peanuts. Bake until the quinoa appears set and begins to pull away from the sides of the muffin tin, about 20-25 minutes.
7. Let cool in the pan for 10 minutes and then transfer to a cooling rack to finish cooling. Once cooled, drizzle with additional peanutbutter and DEVOUR!



HANDMADE PEANUT BUTTER PROTEIN CUPS



Prep Time: 10 mins.

Cook Time: 3 hrs.

1/4 CUP COCONUT OIL
2 TBSP HONEY, OR TO TASTE
2 TBSP CHOCOLATE PROTEIN POWDER
2 TBSP COCOA POWDER
2 TBSP NATURAL PEANUT BUTTER
(PEANUTS, FOR GARNISH OPTIONAL)

These homemade peanut butter cups are made with protein powder and coconut oil. An easy, healthy snack that you can feel good about eating!

1. Lightly spray a mini muffin tin with cooking spray and set aside.
2. In a small bowl, melt the coconut oil and honey in a microwave.
3. Stir in the protein powder and cocoa powder until smooth and mixed.
4. Spoon 1 tsp of the mixture into 6 of the muffins tins, making sure to give a good stir of the mixture each time (to prevent the powders from settling to the bottom of the bowl) and place in the freezer for 20 mins **
5. Once the bottom layer is frozen, spoon 1 tsp onto the center of each layer, smoothing out to get the peanut butter as smooth as possible.
6. Fill the mini muffins tins with about 1 Tbsp of the chocolate, cover with tinfoil and freeze for at least 3 hours.
7. Use a knife to get the cups out the molds and DEVOUR!



PEANUT BUTTER BANANA PROTEIN TRUFFLES



Prep Time: 20 mins.

Cook Time: 2 hrs.

2/3 CUP AVOCADO, MASHED.

(ABOUT 1 LARGE)

**1/4 CUP + 2 TBSP CHOCOLATE PROTEIN
POWDER OF CHOICE**

(OR UNSWEETENED COCOA POWDER) *

1/2 TSP VANILLA EXTRACT

2/3 CUP MILK CHOCOLATE CHIPS

5 TBSPS NATURAL PEANUT BUTTER

1/2 CUP BANANA CHIPS, CRUSHED

(A FOOD PROCESSOR WORKS GREAT)

Notes:

**If using unsweetened cocoa powder, only add 1 Tbsp at a time until you've reached the desired taste.*

Cocoa powder is much bitterer than protein powder and will require less.

This chocolate truffle recipe is quick and easy, and has a surprise ingredient to keep them healthy! It has a yummy banana chip coating, and a peanut butter filling.

1. Blend the avocado in a food processor until it is very smooth.
2. Add in the protein powder, and vanilla extract and blend until well combined.
3. In a medium, microwave safe bowl microwave the chocolate chips for about 1 ½ minutes, stirring every 20 seconds, until the chips are melted.
4. Add the melted chocolate into the food processor and blend until smooth and combined.
5. Pour the avocado mixture into a medium bowl, smoothing any lumps out.
6. Cover the bowl with saran wrap and refrigerate for 2 hours.
7. Line a large plate with parchment paper and drop the peanut butter in 1 teaspoon sized drops. Place in the freezer while the truffle mixture chills.
8. Line a cookie sheet with waxed paper, and place the crushed banana chips in shallow plate.
9. Scoop out ½ Tbsp of the truffle mixture and slightly flatten out. Place 1 frozen peanut butter ball in the center and top with another ½ Tbsp of the truffles mixture. Roll the filling around the peanut butter to cover it. Repeat with the rest of the truffle mixture and peanut butter balls.
10. Roll each ball around in the crushed banana chips and place on the prepared cookie sheet.
11. Keep in the refrigerator until ready to serve.
12. Devour!



PROTEIN PUPPY CHOW



Prep Time: 5 mins.

Cook Time: 5 mins.

3 OZ SEMI - SWEET CHOCOLATE
1/4 CUP NATURAL PEANUT BUTTER
1/4 CUP HONEY
1 1/2 TBSP COCONUT OIL
1 TSP VANILLA EXTRACT
4 1/2 CUPS HONEY NUT CHEX CEREAL
2/3 CUP VANILLA PROTEIN POWDER

The classic Puppy Chow recipe gets a healthy, high protein makeover that is also gluten free and naturally sweetened. It's quick, easy, and great for kids!

- 1.** In a large, microwave safe bowl melt the chocolate, peanut butter, honey and coconut oil. To do this I use 50% power and microwave in 20 second intervals, stirring between each interval, until everything is smooth and melted.
- 2.** Stir the vanilla extract into the melted chocolate mixture, followed by the Chex cereal. Stir the cereal until each piece is well coated in chocolate.
- 3.** Place the protein powder into a large, zip-loc bag and then scoop the cereal into the bag. Seal the bag and shake around until the protein powder evenly coats the cereal.
- 4.** That's it! DEVOUR.



CHOCOLATE ALMOND PROTEIN BARS



Prep Time: 15 mins.

Cook Time: 35 mins.

3/4 CUP QUICK OATS, PLUS 2 TABLESPOONS
1/4 CUP BROWN SUGAR*
3 TABLESPOONS GRANULATED SUGAR
3 TABLESPOONS CHOCOLATE PROTEIN POWDER
1/4 TEASPOON SALT
1/2 TEASPOON CINNAMON
1/2 CUP SLIVERED ALMONDS
1/2 CUP MILK CHOCOLATE CHIPS
1/2 TEASPOON PURE VANILLA EXTRACT
3 TABLESPOONS ALMOND BUTTER
3 TABLESPOONS HONEY
1 1/2 TABLESPOONS COCONUT OIL
2 TABLESPOONS UNSWEETENED APPLE SAUCE

These homemade protein bars are made of oats, chocolate and almonds. They're quick, easy and a perfect healthy snack!

1. Preheat your oven to 350°F and line a small baking dish (mine was 8x6) with parchment paper.
2. In a large bowl, combine the oats, brown sugar, granulated sugar, protein powder, salt, slivered almonds and milk chocolate chips. Toss to mix evenly.
3. In a small bowl, melt the almond butter, honey and coconut oil in the microwave. Stir in the vanilla and apple sauce.
4. Add the almond butter mixture into the oat mixture and mix until well combined. I find using your hands is the easiest.
5. Pour the mixture into the prepared baking dish, really pressing down to make sure the mixture is pressed up all against the sides and compacted as well as possible.
6. Bake until the sides just start to pull away and darken, about 33-35 minutes.**
7. Let cool completely before lifting the parchment out of the pan and slicing.
8. DEVOUR.



STRAWBERRY PROTEIN MUG CAKE

Serves

1

Prep Time: 3 mins.

Cook Time: 1 min.

For the cake:

3 TBSP WHITE WHOLE WHEAT FLOUR
1 TBSP STRAWBERRY PROTEIN POWDER
1 TSP BAKING POWDER
PINCH OF SALT
4 TSP HONEY
1/2 TBSP COCONUT OIL
2 TSP VANILLA GREEK YOGURT
1 TBSP UNSWEETENED VANILLA ALMOND

Topping Options:

CREAM CHEESE FROSTING :

1 TBSP REDUCED -FAT CREAM CHEESE, SOFTENED
1 TBSP STRAWBERRY PROTEIN POWDER
1 TSP VANILLA GREEK YOGURT
TRUVIA OR SWEETENER OF CHOICE TO TASTE

YOGURT FROSTING:

2 TBSP VANILLA GREEK YOGURT
2 TBSP STRAWBERRY PROTEIN POWDER
TRUVIA OR SWEETENER OF CHOICE TO TASTE

Notes:

Everyone's microwaves are different, so yours may need less or more time as each microwave can give different results. Mine is 1000 watts and was perfect at 1 minute and 10 seconds. I would suggest try that and watching it closely while it cooks. Then, if it's still a little wet after 1 minute and 10 seconds, try microwaving it in 10 second intervals until it's done :)

This easy Strawberry Mug Cake Recipe comes together in four minutes and is healthy, whole wheat, protein packed and SO fluffy!

- 1.** In a medium bowl, stir together the white whole wheat flour, protein powder, baking powder and salt. Set aside.
- 2.** In a small, microwave safe bowl, melt the honey and coconut oil in the microwave (about 30 seconds.)
- 3.** Make a well in the center of the dry ingredients and pour in the honey mixture, Greek yogurt and almond milk. Stir until smooth and well combined.
- 4.** Lightly spray a mug (mine was 12 oz) with cooking spray and pour the batter in. Microwave for 1 minute and 10 seconds, watching the microwave closely to make sure that your cake isn't exploding.
- 5.** Let cool for 1 minute and stir together topping of choice in a small bowl.
- 6.** Top with "frosting" and DEVOUR



VANILLA COCONUT LEMON ENERGY BITES



Prep Time: 10 mins.

Cook Time: 0 mins.

1 CUP DATES, ROUGHLY CHOPPED (160G)
3 TBSP VANILLA PROTEIN POWDER
**1/4 CUP + 3 TBSP SWEETENED COCONUT
FLAKES ADDITIONAL FOR ROLLING**
1 TSP LEMON ZEST
1 TSP COCONUT OIL, MELTED

Notes:

** I found that putting the coconut flakes in a very small food processor for a few seconds, to break them down a little bit, made them adhere to the outside of the balls easier.*

These energy bites are made from dates, vanilla protein powder, coconut and lemon zest for a quick snack to keep you full and energized throughout your day!

- 1.** Place the chopped dates in a small food processor (mine is sized for 3 cups) and process until broken down into small pieces.
- 2.** Add in the protein powder, coconut flakes and lemon zest. Continue processing until the mixture is well blended and crumbly.
- 3.** With the food processor running, stream in the melted oil until the dough forms a sticky ball. This could take 2-3 minutes depending on the power of your food processor.
- 4.** Roll the mixture into balls and roll in additional coconut flakes, gently pressing to adhere to the bites. *
- 5.** Store in the refrigerator until ready to eat.
- 6.** DEVOUR.



SALSA EGG MUFFINS



Prep Time: 15 mins.

Cook Time: 15 mins.

1/ 2 CUP WATER
1/ 4 CUP QUINOA, UNCOOKED
1 JALAPENO, MINCED
1/ 2 CUP LIQUID EGG WHITES
4 EGG WHITES
1 EGG YOLK
1/ 2 TSP CUMIN
PINCH OF SALT AND PEPPER
1/ 4 CUP *3 TBSP ROMA TOMATO, DICED
(ABOUT 1 LARGE ROMA TOMATO)
1/ 4 CUP ONION, DICED
1/ 2 TBSP GARLIC, MINCED
2 TBSP GREEN ONION, DICED
2 TBSP CILANTRO, ROUGHLY CHOPPED
1/ 4 CUP SPINACH, CHOPPED
1/ 4CUP REDUCED -FAT CHEDDAR CHEESE,
GRATED ADDITIONAL FOR TOPPING

These egg muffins are loaded with spicy buffalo chicken flavour! They're a quick, easy and protein packed snack, or appetizer, to keep you full until dinner!

1. In a large pot bring the water to a boil. Once boiling, add in the quinoa, stir, cover and turn the heat down to low. Cook until all the water is absorbed, about 15-20 minutes.
2. While the quinoa cooks, heat your broiler to HIGH. Cut the jalapeno in half lengthwise, scraping out the seeds, and place it cut-side down on a small pan. Broil it until its skin is black, about 15 minutes. Once broiled, remove the papery skin, mince it up and set aside.
3. Preheat your oven to 425 degrees and generously spray a muffin tin with cooking spray.
4. In a large bowl, whisk together the egg whites, egg yolks, cumin and salt and pepper until well combined.
5. Add in the minced jalapeno, tomato, onion, garlic, green onion, cilantro, spinach and cheese. Then add in the quinoa and stir well, making sure to really coat the quinoa with the egg.
6. Divide the mixture among 6 of the muffins tins, filling about $\frac{3}{4}$ of the way full. Sprinkle with additional cheese and bake until the eggs rise and feel set, about 15-17 mins.



CREAMY VANILLA PEANUT BUTTER PROTEIN MUFFINS

Yields
7
muffins

Prep Time: 5 mins.

Cook Time: 35 mins.

1/4 CUP + 2 TBSP OAT FLOUR *
1/4 CUP + 2 TBSP VANILLA PROTEIN POWDER
1/2 TSP CINNAMON
2 TBSP TRUVIA
1 CUP FAT -FREE COTTAGE CHEESE
2 LARGE EGG WHITES
1 TBSP UNSWEETENED VANILLA ALMOND MILK
1/4 TSP VANILLA EXTRACT
2 TBSP NATURAL PEANUT BUTTER
+ MORE FOR DRIZZLING.

Notes:

** If you don't have oat flour, just put 1/4 cup of Rolled oatmeal into a food processor and blend until fine.
Muffins should be stored in the refrigerator until eaten.*

These vanilla peanut butter protein bars are so soft and creamy thanks to using cottage cheese! They're easy, low carb and super portable for easy snacking!

1. Pre-heat your oven to 325 degrees and spray a muffin tin with cooking spray. Set aside.
2. In a small food processor, add all the ingredients. Blend until smooth and well combined. You may have to stop the food processor, scrape down the sides, and keep blending a few times to get the mixture to become smooth.
3. Divide the mixture into the prepared pan, filling only about 1/2 way up each muffin cavity, and bake until the muffins rise and just appear set, about 15 mins.
4. Let cool to room temperature, and refrigerate for at least 3 hours.
5. DEVOUR

