

Healthy Homemade Snacks

Shopping List:

Prep Ahead of Time: Soak 1 cup of raw sunflower seeds in water for several hours or overnight.

Chocolate Protein Bars:

- Coconut butter*
- Cocoa butter
- Coconut flour (optional)
- 3-4 large medjool dates (2 oz)
- Cocoa powder
- Cacao nibs (optional)
- Maple syrup
- Grassfed collagen powder (such as Zint or Great Lakes)
- [Unflavored grassfed beef protein powder](#) (or additional collagen)
- Splash of vanilla
- Pinch of salt

Sunflower Seed Crackers:

- 1 c. raw sunflower seeds, soaked in filtered water for several hours or overnight
- Dried rosemary
- Salt

Sweet Potato Gingerbread Truffles:

- 1 medium sweet potato
- Molasses
- Coconut butter*
- Ground ginger
- Cinnamon
- Pinch of salt
- Dash of vanilla
- Chopped walnuts (or other nuts)

*Coconut butter is also called coconut manna (Nutiva) or creamed coconut (Let's Do Organic). Look for coconut manna in the nut butter section of the Co-op and creamed coconut in the international foods section. You can also make your own by blending

unsweetened shredded coconut (available in the bulk section) in a food processor until it turns creamy.

Substitute Options:

Chocolate Protein Bars:

- Use all coconut butter or all cocoa butter rather than some of each
- For a vegetarian/vegan version, replace the collagen powder with a protein powder such as pea protein or with almond meal
- Replace the cocoa powder with carob powder
- Replace the maple syrup with honey

Sunflower Seed Crackers:

- Omit the rosemary or use other herbs such as thyme

Sweet Potato Gingerbread Truffles:

- Use a different sort of nut such as chopped pecans

Kitchen Equipment:

Dish for protein bars (a 5-7 inch pyrex container works well)

Medium heat-safe bowl for making protein bars

Cutting board

Knife

Fork, spoon

Baking sheet

Food processor

Measuring cups and spoons

Parchment paper

Saucepan with lid

Chocolate Protein Bars



Makes 8 bars

- 2 Tbsp coconut butter
- 1 Tbsp cocoa butter
- 1 Tbsp coconut flour (optional)
- 3-4 large medjool dates (2 oz)
- 3 Tbsp cocoa powder
- 1 Tbsp oz cacao nibs
- 2 Tbsp maple syrup
- 2 Tbsp grassfed collagen powder
- 6 Tbsp unflavored grassfed beef protein powder (or additional collagen)
- Splash of vanilla
- Pinch of salt

Melt the cocoa butter and coconut butter together. Dice the dates and mash into the melted butters with a fork. Add the remaining ingredients and combine. Press into a parchment lined 5-7 inch glass dish. Place in the fridge to firm up. Cut into 8 bars.

Sunflower Seed Crackers



1 c. raw sunflower seeds, soaked in filtered water for several hours or overnight

1/2 tsp dried rosemary

1/4 tsp salt

Drain sunflower seeds, place in a food processor with the salt, and blend until smooth, scraping down the sides as necessary. Add the rosemary and pulse to combine. Preheat the oven to 300 degrees. Spread the sunflower seed mixture in a thin, even layer on a parchment-covered baking sheet (the back of a spoon works well for this). Score into desired size crackers with a knife. Place in the oven and bake until crackers are firm to the touch. (The crackers around the edge may be done sooner than the ones in the middle.) Serve with butter, cheese, hummus, olive tapenade, sliced avocado, or other toppings of choice.

Sweet Potato Gingerbread Truffles



Makes 12

1/2 c. plus 2 Tbsp mashed sweet potato
3 Tbsp molasses
5 Tbsp coconut butter
1/2 tsp ginger
1/2 tsp cinnamon
Pinch of salt
Dash of vanilla
3 Tbsp chopped walnuts (or other nuts)

Blend all ingredients except walnuts together in a food processor. Stir in walnuts. Roll into 12 balls. Chill in the fridge.

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I am available to work with one-on-one clients virtually.

Learn more about consultations here:

<https://nutrientdensenourishment.wordpress.com/nutritional-therapy-consultations/>

I offer a free 20 minute phone call to see if nutritional therapy would be a good fit.

To schedule, please email lilihanft@gmail.com



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