

# dominique<sup>á</sup>lessi

• RECIPE GUIDE •



## **Snacks.**

A simple guide to creating ridiculously easy but amazingly healthy snacks.

# INTRO

Hello! I am thrilled that you have decided to download this guide, and I am super excited to share with you these tips for fitting healthy eating into your busy lifestyle.



When it comes to snacks, I tend to opt for a piece of fruit with some mixed nuts. It's super easy to pack, and it doesn't require weekly planning.

But if you want a little more variety, I've got you covered. In this guide, I provide a list of some healthy foods that you can mix and match for snacking, followed by some specific ideas for balanced snack options.

A few notes before we begin:

- This is a general guide; adjust as needed to suit your needs, goals, and lifestyle.
- I focus on plant-based meals. If you need some high-quality animal protein to feel your best, adjust as needed.



## THE FORMULA

As with any healthy meal, a healthy snack should comprise whole (i.e., unprocessed) foods, and ideally a fruit or vegetable. Follow the formula below to craft your own healthy snack, or skip ahead to my healthy snack recipes!

### Step 1: Pick a fruit or veggie

- **Fresh fruit:** apples, pears, grapes, berries, chopped melon, oranges
- **Dried fruit** (opt for varieties with no added ingredients, and keep portions in check - a typical serving is 1/4c, which is about the size of a large egg): prunes, dates, raisins, dried cherries
- **Fresh veggies:** carrots, celery, sliced bell peppers, broccoli, cauliflower
- **Baked or dehydrated vegetables** (i.e., veggie chips): kale, beets, zucchini, carrots, sweet potatoes



## THE FORMULA (CONT.)

Step 2: Choose one or more of the following...

- **Legumes:** bean crunchies (chickpea crunchies are the most common), hummus
- **Nuts and seeds:** almonds, cashews, pepitas, sunflower seeds, walnuts, peanuts
  - *Tip: Raw or dry-roasted are fine, as are nut and seed butters. Whatever you choose, be sure there are no added ingredients (a little bit of salt is okay).*
- **Whole grains** (get plain varieties with minimal ingredients):
  - Rice cakes
  - Shredded wheat
  - Organic popcorn
    - *Tip: Stay away from store-bought microwaveable popcorn bags, which release a carcinogenic substance when heated.*
  - Whole grain bread
    - *Tip: Look for 100% whole grain bread with minimal ingredient lists (e.g., 100% whole grain flour, salt, and yeast).*
  - Puffed grains (e.g., puffed rice, puffed kamut)
- **Other**
  - Dark chocolate (at least 70% cocoa)

*Tip: I recommend including some source of healthy fat (from dark chocolate, nuts, or seeds) to aid absorption of fat-soluble vitamins.*

# SUPER SPEEDY

## Snacks that take less than 5 minutes to make

- Rice cake with nut butter and apple slices
- Hummus with red bell pepper and whole-wheat pita
- Trail mix with walnuts, almonds, raisins, cocoa nibs, and puffed kamut
- Seasonal fruit with almonds or a square of dark chocolate
- Banana with nut butter
- Carrots and celery sticks with nut butter
- Crunchy chickpeas with fresh citrus fruit (juicy citrus helps balance the saltiness of the chickpeas!)
- Popcorn with drizzle of olive oil and a sprinkling of garlic powder, onion powder, paprika, and nutritional yeast; balanced with your favorite fresh fruit

# PRE-MADE

## Dom-approved packaged snack foods

- Brad's Crunchy Kale
  - Naked, Original, Margherita, and "Cheeze It Up" are my favorite flavors
- Bare veggie chips
- Larabars
  - A few flavors (mostly the chocolate ones) have refined sugar, but most other flavors are made from only whole-food ingredients
- Lundberg Family Farms rice cakes
  - Brown Rice Cake – Lightly Salted, Brown Rice Cake – Salt Free, Wild Rice Cake, Red Rice & Quinoa Thin Stackers, 5 Grain Thin Stackers
- Arrowheat Mills Puffed Kamut, Puffed Rice
- Biena Chickpea Snacks (plain / sea salt)
- Berlin Bakery Spelt Sourdough
- Alvarado Street Bakery Sprouted Whole Wheat Bread
- Cedar's Original Hummus

# RECIPES

If you have a little more time...



## Hummus

- 1 can chickpeas, drained and rinsed
- 1/2c tahini
- 1 lemon, juiced
- 1 medium garlic clove
- 1t cumin
- 1t paprika
- 2T extra-virgin olive oil
- Salt, to taste

Blend in a food processor until smooth. Serve with whole grain pita, carrots, celery, and / or bell peppers.

## Crunchy Chickpeas

- 1 can chickpeas (drained, rinsed, and dried thoroughly with a towel)
- 1T avocado oil
- 1/4t salt
- Seasoning (optional): 1/4t garlic powder, 1/4t onion powder, 1/4t paprika, 1/8t black pepper

Toss together chickpeas, oil, and salt. Place chickpeas on a parchment paper-lined baking sheet, and bake at 350 degrees for 45-50 minutes, shaking the pan half-way through for even cooking. Remove from oven and add seasoning. Let cool 5-10 minutes before eating.



Recipe drawn from [here](#). Click link for full instructions.

# Recipes (cont.)



## Kale Chips

- 1 large bunch of kale
- 1T olive oil
- 1/4c nutritional yeast
- 2T apple cider vinegar
- 1T sunflower seed butter (or 2T seeds of choice, ground in coffee grinder)

Mix all ingredients except kale in a large bowl. Add rinsed and dried kale, and massage sauce into the leaves. Dehydrate for 2 hours, or bake at 350 degrees for 10 to 15 minutes.

## Chocolate Bean Bars

- 1 can black beans, drained and rinsed
- 2T cocoa powder
- 1/2c rolled oats
- 1/4c maple syrup
- 4 medjool dates, pitted
- 1/4c peanut butter
- 1/2t baking powder
- 1/4t salt

Place ingredients in a food processor and blend well. Place in 8x8 oiled baking pan and bake at 350 for 15-18 minutes.



## Chia Pudding

- 1c water or nut milk
- 1/3c frozen blueberries
- 1/3c frozen strawberries
- 1/4c vanilla protein powder
- 1/4c rolled oats
- 1/4c chia seeds

Blend all ingredients, except chia seeds, in blender until smooth. Pour into a bowl or jar, mix in chia seeds, and refrigerate for at least 3 hours before serving.



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