

# Stress Busting Snacks

When stress hits swap the cookies and treats for these balanced nutrient-dense snacks. These snacks may help balance blood sugar levels, regulate cravings and force you to take a much needed snack break.



# Grocery List



14 ingredients

## FRUITS

- ☐ 1 Avocado
- ☐ 2 Banana

## BREAKFAST

- ☐ 1 1/2 **tsps** Green Tea Powder
- ☐ 1 **tbsp** Maple Syrup

## FROZEN

- ☐ 2 **cups** Frozen Berries

## BAKING

- ☐ 3 1/2 **ozs** Dark Organic Chocolate

## COLD

- ☐ 2 **cups** Egg
- ☐ 2 **cups** Plain Greek Yogurt

## CONDIMENTS & OILS

- ☐ 1 1/2 **tsps** Extra Virgin Olive Oil

## SEEDS, NUTS & SPICES

- ☐ 1/4 **tsp** Brazil Nuts
- ☐ 1/4 **tsp** Cinnamon
- ☐ 1/2 **cup** Pumpkin Seeds
- ☐ 1/4 **tsp** Sea Salt
- ☐ 1 **cup** Walnuts



# Brazil Nuts



1 ingredient



5 minutes



1 serving

## DIRECTIONS

1. Divide into bowls and enjoy!

## INGREDIENTS

1/4 cup Brazil Nuts

## NUTRITION

Amount per serving

Calories	219	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	4g	Vitamin A	0IU
Fiber	3g	Vitamin C	0mg
Sugar	1g	Calcium	53mg
Protein	5g	Iron	1mg



# Yogurt & Berries



2 ingredients



5 minutes



2 servings

## DIRECTIONS

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## NOTES

### Dairy Free

Use a dairy-free yogurt like coconut, almond or cashew.

### No Frozen Berries

Use any type of fresh fruit instead.

## INGREDIENTS

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

## NUTRITION

		Amount per serving	
Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg





# Eggvacado



2 ingredients



15 minutes



1 serving

## DIRECTIONS

1. Preheat oven to 350°F (177°C).
2. Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
3. Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!

## NOTES

### On The Go

Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.

## INGREDIENTS

- |   |         |
|---|---------|
| 1 | Avocado |
| 2 | Egg     |

## NUTRITION

		Amount per serving	
Calories	466	Cholesterol	372mg
Fat	39g	Sodium	156mg
Carbs	18g	Vitamin A	833IU
Fiber	14g	Vitamin C	20mg
Sugar	2g	Calcium	80mg
Protein	17g	Iron	3mg



# Cinnamon Toast Crunch Pumpkin Seeds



5 ingredients



50 minutes



2 servings

## DIRECTIONS

1. Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
2. Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
3. Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

## NOTES

### Best Results

This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

### No Fresh Seeds

Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

### Storage

Once completely cooled, store in an air-tight container at room temperature.

## INGREDIENTS

- 1/2 cup Pumpkin Seeds (rinsed & dried)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/4 tsp Cinnamon

## NUTRITION

### Amount per serving

Calories	207	Cholesterol	0mg
Fat	16g	Sodium	301mg
Carbs	12g	Vitamin A	1IU
Fiber	4g	Vitamin C	0mg
Sugar	6g	Calcium	33mg
Protein	7g	Iron	5mg



# Dark Chocolate & Walnuts



2 ingredients



5 minutes



4 servings

## DIRECTIONS

1. Divide dark chocolate and walnuts between bowls. Enjoy!

## INGREDIENTS

- 1 cup Walnuts
- 3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)

NUTRITION		Amount per serving	
Calories	334	Cholesterol	0mg
Fat	29g	Sodium	13mg
Carbs	15g	Vitamin A	6IU
Fiber	4g	Vitamin C	0mg
Sugar	7g	Calcium	29mg
Protein	6g	Iron	2mg





# Green Tea Banana Ice Cream



2 ingredients



5 minutes



2 servings

## DIRECTIONS

1. Add frozen bananas and green tea powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### More Creamy

Add 2 tbsp coconut milk.

### More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

## INGREDIENTS

- 2 Banana (sliced and frozen)
- 1 1/2 tsp Green Tea Powder

## NUTRITION

### Amount per serving

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg