

## *Snack Prepping: Recipes and Ideas*

### **Custom Trail Mix**

#### **DIRECTIONS**

- Buy nuts, seeds, dried fruit, granola, or other cereal in bulk at a foodstore
- Combine ingredients in a single-serving or large container, with at least 50% of the volume coming from nuts or seeds
- Eat immediately or stash for a travel-friendly or emergency snack



#### **A FEW OF THE MANY POSSIBLE BLENDS:**

- Raw walnuts, roasted salted cashews, raisins, organic Ginger Zing granola
- Tamari roasted almonds, sunflower seeds, cut dried mango
- Just various nuts and seeds (the best choice if you can't brush your teeth afterwards)
- Pecans, almonds, mini chocolate chips, and a dash of cereal

### **Fresh Fruit on a Stick**

**POSSIBLE INGREDIENTS:** apples, grapes, oranges, pears, peaches, bananas, melons, strawberries, raspberries

#### **DIRECTIONS:**

- Pick or buy fresh fruit in season at a farm stand, farmer's market, or store
- Rinse the fruit in cold running water (bananas excepted)
- Peel as necessary and section or cut fruit into bite-sized chunks
- Add chunks to a wooden kabob stick (like a long toothpick) and enjoy



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### Steamed Broccoli and Cauliflower

#### INGREDIENTS:

- Broccoli and/or cauliflower
- Possible: spicy brown mustard, hummus, extra virgin olive oil, garlic powder

#### DIRECTIONS:

- Rinse, then cut broccoli and cauliflower pieces into desired size with a chef's knife on a cutting board
- Pour water into a pot so it's about 1/2" deep
- Add a collapsible vegetable steamer to the pot
- Add the cut vegetables to the pot
- Cook covered on high until tender as you want (5-10 minutes)
- Add pepper to taste
- Drizzle with olive oil or dip pieces in spicy brown mustard, hummus, or olive oil and garlic



### Sliced Carrots and Celery (or Cucumber)

#### INGREDIENTS:

- Carrots, celery or cucumber
- Possible dips: spicy brown mustard, hummus, guacamole, nut butter, salad dressing

#### DIRECTIONS:

- Rinse celery, rinse and peel carrots (and cucumbers)



- Cut carrots on a cutting board with a chef's knife: cut into thirds, then slice each third the long way 2 or 3 times
- Cut cucumbers into sticks (like the carrots) or chips
- Cut celery into sticks (like the carrots)
- Dip into spicy brown mustard, hummus, guacamole, nut butter, or salad dressing.

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### Cold Veggies on a Stick (a.k.a. Veg-kabobs)

POSSIBLE INGREDIENTS: Cucumber, carrots, celery, grape or cherry

tomatoes, green pepper, jicama, cooked and cooled beets or root vegetables

DIRECTIONS:

- Rinse and peel the vegetables as appropriate
- Cut vegetables with a chef's knife on a cutting board into bite-sized chunks
- Add chunks to a wooden kabob stick (like a long toothpick)
- Eat straight or dip in spicy brown mustard, hummus, guacamole, extra virgin olive oil + garlic, or salad dressing



### Frozen Petite Peas

MICROWAVE DIRECTIONS:

- Pour 1/2-1 cup of peas into a non-plastic microwave-safe bowl
- Heat on medium high or high for 60-90 seconds (peas get wrinkled if over-cooked)
- Add extra virgin olive oil, pepper, and salt to taste (note: some frozen peas already contain added salt, so check the nutrition facts panel on the back for sodium content)

STOVETOP DIRECTIONS:

- Add a couple of tablespoons (as in just a little bit) of water to a small pot
- Heat peas on medium just until the water reaches a boil
- Place cooked peas in a serving bowl
- Add extra virgin olive oil, pepper, and salt to taste (note: some frozen peas already contain added salt, so check the nutrition facts panel on the back for sodium content).



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### **Old Fashioned Oatmeal**

#### INGREDIENTS:

- Whole rolled or steel-cut oats
- Possible: fresh or dried fruit, nuts, nut butters, maple syrup, honey, brown sugar, cinnamon, other

#### DIRECTIONS:

- Buy whole rolled oats in a food store bulk section
- Add oats and water to a large pot, using a bit more water than oats (such as 3 cups oats, 7 cups water)
- Heat to a boil, stir, then cover and reduce heat to low for 30-45 minutes, stirring occasionally
- Add water in small amounts if mixture becomes too dry
- Remove from heat when the oatmeal reaches the desired thickness/stickiness
- Scoop into a serving bowl and add toppings to taste (maple syrup, honey, dried or fresh fruit, etc.)
- Allow left-overs to cool for about an hour, then refrigerate or freeze for later



### **Ground Turkey**

INGREDIENT: ground plain turkey or loose turkey sausage

#### DIRECTIONS:

- Unwrap and place turkey on a pan or in a pot
- Heat covered on a medium low or medium burner temperature setting
- If cooking from frozen, use a small burner, check regularly, and with a spatula remove cooked parts from the main chunk and push them to the sides of the pan or pot
- If cooking from unfrozen, make into patties or meatballs and cook or else simply break up into small pieces with a spatula



- Cook covered until juices and meat are clear rather than pink

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### **Open-Faced Eggs on Toast:**

#### INGREDIENTS:

- Eggs (free range/organic)
- Whole grain bread
- Extra virgin olive oil (ideally organic)
- Garlic powder
- Non-stick cooking spray (optional)



#### DIRECTIONS:

- Add about a tablespoon of olive oil to a pan or spray it with non-stick olive oil-based cooking spray
- Heat the pan until flicked water spatters on it but before non-stick spray or oil starts to smoke
- Crack and add eggs (suggested serving size 1-2 large or XL eggs)
- Cook covered or uncovered, flipping once if desired, until reaching desired firmness
- Toast a slice of bread, ideally whole grain
- Pour a tablespoon of extra virgin olive oil onto a plate and sprinkle garlic powder into it
- Dab the toast in the oil/garlic mixture, flip it over, then place the eggs on top of it
- Add pepper to taste
  - Always feel free to add veggies to any recipe: Avocado, spinach and asparagus would pair well with this open faced sandwich