

THE ULTIMATE LIST
OF HEALTHY SNACKS:

18 HEALTHY SNACK RECIPES



[FAVE HEALTHY RECIPES](#)

The Ultimate List of Healthy Snacks: 18 Healthy Snack Recipes

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Published by Prime Publishing LLC, 3400 Dundee Rd., Suite 220, Northbrook, IL 60062 –
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Letter from the Editor

Dear Healthy Cooking Enthusiast:

Three meals are not always sufficient for satisfying hunger throughout the day. For those days when you just cannot wait until dinner, arm yourself with a tasty arsenal of healthy snacks. Avoid overeating at meal times by staying satisfied with hearty healthy snack recipes.

Everyone loves snacks, but it is often too easy to choose unhealthy snack options. But with this eCookbook, *The Ultimate List of Healthy Snacks: 18 Healthy Snack Recipes*, you have no excuse to be unhealthy at snack time.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious and healthy. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy snack recipes!

For additional healthy snack recipes, be sure to visit FaveHealthyRecipes.com. While you're there, subscribe to our free newsletter, [Quick and Healthy Recipes](#), to get free recipes delivered to your inbox every week.

Sincerely,

Editors of FaveHealthyRecipes.com

www.FaveHealthyRecipes.com

Find blog posts about FaveHealthyRecipes at RecipeChatter.com.

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SNACK BARS

DIY CHOCOLATE CHIP CLIF BARS

BY: [NATALIE THOMAS FROM FEASTING ON FRUIT](#)



When you're constantly on the go, it can be difficult to find time for a full meal, but it's easy to snack. Instead of grabbing something from the vending, check out this recipe on how to make your own power bars. These DIY Chocolate Chip Clif Bars will change your life because you won't ever have to eat a store bought power bar ever again. You and your family are going to love having a stock of these vegan, gluten free, and soy free power bars when you're traveling or running out the door. You can easily customize the flavors to have a variety or make your favorite.

Yields: 8 bars

Preparation Time: 15 minutes

Cook Time: 20 minutes

Nutritional Information:

Serving size: 78 g

Calories: 240

Total Fat: 6.1 g

Saturated Fat: 3.5 g

Total Carbohydrates: 41.5 g

Dietary Fiber: 5 g

Sugars: 12.5 g

Protein: 5.6 g

Ingredients

Wet Ingredients

- 12 pitted Medjool dates
- ¼ cup water
- 1/3 cup coconut nectar or maple syrup
- 1 tbsp molasses
- 1 tsp vanilla extract

Dry Ingredients

- 1 cup brown rice crisp cereal
- 1 cup rolled oats
- ¼ cup vegan vanilla protein powder (or oat flour if you prefer)
- ¼ cup oat bran
- 2 tbsps flax seed meal
- ¼ cup vegan mini chocolate chips

Instructions

1. Preheat the oven to 300F.
2. Blend all of the wet ingredients until smooth.
3. In a large mixing bowl, combine all the dry ingredients.
4. Add the wet to the dry. Mix.
5. Stir in the chocolate chips.
6. Shape the dough into a long log that is about 3 inches wide and about ½ inch high.
7. Using a knife or a pastry cutter, divide the log into 8 bars.
8. Transfer to a baking sheet lined with parchment paper.
9. Bake for 20 minutes at 300F.
10. Cool. Keep in an airtight container in the fridge.



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NUTTY QUINOA CHOCOLATE BARK

BY: [KAYLEE PAULEY FROM LEMONS AND BASIL](#)



Looking for ways to make a sweet chocolate treat nutritious? Look no further. This Nutty Quinoa Chocolate Bark is chock full of antioxidants and healthy fats so you won't have snacker's remorse after indulging a little bit. You can use any type of dried fruit and your favorite nuts for an easily customized snack. This is also an interesting way to prepare quinoa, adding a little extra something to your chocolate. This can be considered the greatest trail mix ever, because the chocolate to other stuff ratio is right where it should be.

Serves: 20

Preparation Time: 10 minutes

Cook Time: 5 minutes

Nutritional Information:

Serving size: 17 g

Calories: 77

Total Fat: 4.7 g

Saturated Fat: 2.3 g

Total Carbohydrates: 9.2 g

Sugars: 5.9 g

Protein: 1.4 g

Ingredients

- ¼ cup uncooked red quinoa
- 1 ½ cups dark chocolate chips
- ½ tbsp coconut oil
- ¼ cup almonds, chopped
- ¼ cup cashews, chopped
- ¼ cup dried cranberries
- 2 tbsp peanut butter chips

Instructions

1. Cover a baking sheet with wax paper and set aside.
2. Thoroughly rinse the quinoa to remove the saponin (bitter taste) by adding uncooked quinoa to bowl, fill with clean water and soak for a few minutes. Use a wire whisk to move the quinoa around in the water, then strain the quinoa in a fine mesh sieve and rinse with fresh water.
3. Add wet quinoa to saute pan and cook on stove top over medium low heat, using a whisk or spoon to move the quinoa around in the pan.
4. Once it gets hot, the water will be absorbed and the quinoa will start to pop – this means it's drying out. Keep moving it around with the whisk until the grains of quinoa start to brown. You will see it transform before your eyes and it will smell nutty. If you use red quinoa, you will need to watch it closely so it won't burn. This will take 5-6 minutes.
5. When it's sufficiently done, remove from the pan and place in a bowl to cool.
6. While toasted quinoa cools, melt chocolate chips in double boiler if you have one, or melt in a small pot on low stirring constantly and watching to make sure chocolate does not burn.
7. Once chocolate has fully melted, stir in toasted quinoa and mix well.
8. Pour chocolate mixture onto prepared wax covered pan and spread into thin layer.
9. Add chopped almonds, cashews, dried cranberries, and peanut butter chips (they will likely melt due to the hot chocolate), press down lightly to mix toppings into chocolate, then put in freezer for 15 – 20 minutes or until chocolate has fully hardened.
10. Break into approximately 20 small pieces and store in the freezer.



New to the kitchen? Check out this [Beginner's Guide to Kitchen Knives!](#)

EASY ALMOND BISCOTTI

BY: [PETRO NEAGU FROM THE SEAMAN MOM](#)



Biscotti is a classic snack, but it's not always the healthiest thing to eat between meals. However, this homemade biscotti is one of the best things you can dip into your mid-morning coffee. It's full of almonds which are a good source of protein. If you're craving something sweet and you don't want to wait until your "cheat day," then try this easy biscotti recipe! Biscotti is the perfect tea-time snack or a nice treat to bring to work and share with your coworkers over morning coffee. They won't believe that you didn't order it from a coffee shop and that you made it yourself!

Nutrition Information:

Serving size: 20 g
Calories: 68
Total Fat: 1.6 g
Total Carbohydrates: 11.7 g
Dietary Fiber: 0.5 g
Sugars: 5.2 g
Protein: 1.8 g


Ingredients

- 2 ½ cups all-purpose flour
- 1 cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon fine salt
- 3 large eggs, lightly beat
- 1 tablespoon pure vanilla extract
- 1 cup slivered almonds, toasted
- ½ teaspoon almond extract
- 3 baking sheets
- Parchment paper

Instructions

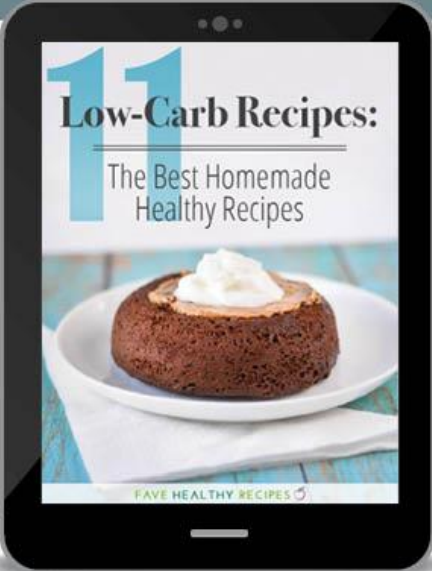
1. Preheat oven to 350F.
2. Prepare a baking sheet by lining with parchment paper.
3. In a large bowl, whisk together flour, sugar, baking powder, and salt.
4. With a hand mixer, beat in eggs and vanilla until combined.
5. Add almonds and almond extract and beat until combined.
6. Divide dough in half and transfer to a baking sheet.
7. Form each half into a log of about 2 ½" wide and ¾" tall.
8. Bake until dough is firm but gives slightly when pressed (20 – 25 minutes), rotating sheet halfway through.
9. Let cool on sheet on a wire rack for 20 minutes.
10. Meanwhile, prepare 2 baking sheets by lining with parchment paper.
11. With a serrated knife, cut the log into ¼" slices on the diagonal.
12. Arrange, cut side down, on 2 baking sheets.
13. Bake until biscotti are crisp and golden, about 15 minutes; rotate sheets and flip biscotti halfway through.
14. Let cool on sheets on wire racks.

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NUTTY CHOCOLATE POWER BAR RECIPE

BY: [ALI ROST FROM VEGGIES BY CANDLELIGHT](#)



If you need a recipe for a breakfast bar, an afternoon snack, or a dessert to bring to a potluck, then this Nutty Chocolate Power Bar Recipe is perfect for you. You'll find it impossible to feel guilty after you eat some of these homemade protein bars because you will feel energized instead of sluggish. You can choose any kind of nut butter that you prefer and since it's packed with dates, pumpkin seeds, and raw nuts, you are going to fall in love with this recipe. You are going to want to eat your own homemade power bars every day instead of the store bought ones.

Serves: 16

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Nutritional Information:

Serving size: 50 g

Calories: 237

Total Fat: 14.5 g

Total Carbohydrates: 22.6 g

Dietary Fiber: 3.2 g

Sugars: 9.3 g

Protein: 7.2 g

Ingredients

- 2 tbsp coconut oil
- 15 fresh soft dates, pitted
- 1 cup nut butter
- 1 tbsp fresh ginger, grated
- ½ cup raw pumpkin seeds
- 1 cup puffed millet (or puffed quinoa)
- Handful raw almonds
- 1/3 cup unsweetened coconut, toasted
- 3-5 ounces dark chocolate bar (70% cacao), coarsely chopped
- A pinch of sea salt flakes, optional

Instructions

1. Melt coconut oil in a medium size sauce pan on low/medium heat.
2. Add the almond and pumpkin seeds to the bowl of a food processor and pulse 5 or 6 times until they're roughly chopped. Alternatively, you can chop them by hand.
3. Transfer to a small bowl and set aside.
4. Add the dates to the bowl of a food processor and pulse 10-15 times. Alternatively, mash the dates with a fork.
5. Add the processed dates, along with the nut butter and freshly grated ginger, to a medium-sized sauce pan over low to medium heat.
6. Stir the date mix until it comes together, lower the heat, and cook for a couple of few minutes. Remove from the heat.
7. Add the puffed millet, along with the chopped seeds and nuts. Taste and add sea salt if needed (depending on how salty the nut butter is).
8. Line a 9 x 9 inch baking dish (or equivalent) with parchment paper and scoop the batter into it.
9. Using the palm into the fridge or freezer while preparing the chocolate topping.
10. Melt the chocolate in a double-boiler.
11. Pour the melted chocolate over the bars, using a spatula to distribute it evenly.
12. Sprinkle with toasted coconut and put the bars back into the fridge or freezer until they're cold and firm.
13. You can store the bars in the freezer and they will last for months or in the fridge if you plan on eating them within a few days.

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LOW-CARB SCOTCHAROOS

BY: FAVEHEALTHYRECIPES.COM TEST KITCHEN



With a crisp peanut butter layer topped with a rich chocolate layer, these Low-Carb Scotcharoos are one of the tastiest dessert recipes around. If you've never tried scotcharoos before, then you're in for a real treat! Every bite will be absolutely amazing, and you'll want to save all of these bars for yourself. Luckily, these dessert bars are low in carbohydrates, so you won't feel guilty for eating a few more than you intended. But don't worry, these scotcharoos definitely don't taste healthy. This easy gluten free dessert recipe is a crowd-pleasing sweet treat that everyone will enjoy.

Makes: 24 squares

Nutritional Information

Per serving: 1 square or 31 g

Calories: 215

Total Fat: 19.7 g

Trans Fat: 0 g

Cholesterol: 11 mg

Sodium: 41 mg

Total Carbs: 5.1 g

Sugar: 2.3 g

Protein: 4.3 g

Ingredients

- 3 cups unsweetened coconut flakes
- ½ cup butter
- ½ cup natural sugar free peanut butter
- 1 cup + 3 tablespoons Splenda
- 2/3 cup vanilla whey protein powder
- 1 cup coconut oil
- 2 teaspoons cocoa powder

Instructions

1. Prepare a 10 x 7 inch baking pan by lining it with foil with an overhang on each of the long sides. Press the foil into the corners and smooth the surface.
2. Place the coconut flakes into a wide dry skillet and, over low heat, cook and stir for about 3 minutes until the coconut flakes begin to brown lightly around the edges. Set aside to cool.
3. In a large microwaveable bowl, microwave the butter and peanut butter for 30 seconds or until melted. Stir to combine, then add in the 1 cup Splenda and whey protein powder. Stir again until completely combined. Add in the coconut flakes until they are coated.
4. Use a spatula to press the coconut mixture into the pan, then lay a piece of plastic wrap on top (so your fingers do not stick to the mixture). Press to compact the mixture and get it into the corners. Smooth the top as flat as possible. Leave the plastic wrap on top and let the dessert chill in the refrigerator for 1 hour.
5. In a ceramic bowl, melt the coconut oil in the microwave and combine with cocoa powder and 3 tablespoons Splenda.
6. Pour the chocolate layer over the peanut butter layer. Make sure the chocolate layer completely covers the peanut butter layer.
7. Chill in freezer for 10 minutes and then these scotcheroos are ready to serve. Enjoy!



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BITE SIZE SNACKS

MINI NO-BAKE OATMEAL COOKIES

BY: [CRYSTAL SYKES FROM SIMPLY PLAYFUL FARE](#)



Insanely chocolaty and perfectly peanut buttery, these Mini-No Bake Oatmeal Cookies are absolutely amazing. Every bite of these adorably cute cookies will put a smile on your face because they're a delicious sweet treat that won't add inches to your waistline. With only 100 calories per serving, you need to make these oatmeal cookies when your sweet tooth comes calling. They're the perfect snack to bring to work so you can avoid the disappointing and unhealthy options in the vending machines. Make a big batch of these no-bake cookies before you head out on a road trip and keep your family from getting cranky.

Nutritional Information:

Serving size: 2 cookies

Calories: 100

Total Fat: 7 g

Total Carbohydrates: 7.4 g

Protein: 2.9 g

Ingredients

- 1 cup of sugar
- ¼ cup of milk
- ¼ cup of cocoa
- 3 cups oats
- ¾ cup peanut butter
- 1 tablespoon vanilla
- 1 stick of butter
- Pinch of salt

Instructions

1. In a small saucepan, add the sugar, milk, butter, and cocoa. Heat over medium heat and stir constantly to combined and to keep from burning.
2. Boil for 1 minute.
3. Remove from heat.
4. Add the oats to a large bowl.
5. Add the cocoa and sugar mixture to the oats. Add the vanilla and salt. Stir.
6. Form into small balls and place on a cookie sheet line with parchment paper.

RAW PEANUT BUTTER PROTEIN BITES

BY: [KRISTY FROM SOUTHERN IN LAW](#)



You'll love these Raw Peanut Butter Protein Bites because they are vegan, gluten free, and healthy. Plus, this is a low carb recipe. You'll agree that this peanut butter dessert can't get much better. But, these protein bites aren't just healthy. They're also insanely delicious. Each bite will be jam packed with delicious peanut butter flavor. This low carb recipe is simply amazing, so it'll be hard to stop eating these yummy treats. Because these peanut butter bites are high in protein, you can be sure that these treats will give you a boost of energy.

Yields: 7 large bites

Chilling time: 30 minutes

Nutritional Information:

Serving size: 37 g

Calories: 161

Total Fat: 10.5 g

Saturated Fat: 2.1 g

Total Carbohydrates: 11.9 g

Protein: 7.2 g

Ingredients

- ½ cup of your favorite peanut butter
- ½ cup peanut flour
- 3 tbsp maple syrup (or honey for a non-vegan option)
- 1 tsp vanilla extract
- *Optional:* chocolate chips, pinch of salt (if using unsalted PB)

Instructions

1. In a large bowl, mix together all of your ingredients until just combined. If your mix is looking a little dry, add some water or milk by the teaspoon until you're able to roll your mixture into balls.
2. Roll your mixture into bites. You can make them big or small or form them into bars if you prefer.
3. Refrigerate your peanut butter bites for around half an hour before devouring.

Note: These will keep in the refrigerator in an airtight container or Ziplock bag for up to two weeks or can be frozen and taken out and eaten as desired. Just leave them out of the freezer for a couple of minutes before chowing down so you don't break your teeth!

2-INGREDIENT COCONUT BITES

BY: [MARIA USHAKOVA FROM MARIA USHAKOVA](#)



These 2-Ingredient Coconut Bites are incredibly easy to prepare. If you like the taste of coconut, then you will like this yummy recipe. It's up to you to decide whether or not to include the chocolate. If you choose to skip the chocolate, then this will be a pure coconut snack. By adding the chocolate, you'll make a sweet and simple dessert. Both are simple to make and healthy to eat. It will be so easy for you to bring a bunch of these coconut bites to the office or the classroom and share with your friends.

Preparation Time: 30 minutes

Total Time: 30 minutes

Yields: 25 Coconut Bites

Nutritional Information:

Serving size: 12 g
Calories: 50
Total Fat: 3.9 g
Saturated Fat: 3.2 g

Total Carbohydrates: 3.6 g
Dietary Fiber: 0.9 g
Sugars: 2.6 g
Protein: 0.6 g

Ingredients

- 2 ½ cup unsweetened shredded coconut
- 100 grams dark 70% chocolate

Instructions

1. Place 1 ½ cup of the shredded coconut into a food processor, pulse a few times and then process for about 4 – 6 minutes until you get a smooth white paste.
2. Transfer the paste into a bowl. Add the remaining 1 cup of the shredded coconut and mix until combined. Place the bowl in the fridge for about 15 – 20 minutes.
3. Cover a cutting board or baking sheet with parchment paper.
4. To shape coconut balls, scoop the coconut mixture with a measuring spoon which is ½ tablespoon in size. Press the mixture firmly into the spoon with your thumb, then pop it out and gently shape into a ball. Place the ball on the parchment paper. Once you are done shaping all coconut balls, place them in the fridge for about 20 – 30 minutes until firm.
5. In the meantime, melt the dark chocolate. Pour the melted chocolate into a small bowl. Using two forks, dip each coconut ball into the chocolate. Place the chocolate covered coconut balls back on the parchment paper. Once all coconut balls are covered in chocolate, place them in the fridge. Refrigerate for 1 – 2 hours until chocolate is set.

Note: If you want to make some extra coconut balls without the chocolate coating, just double the amount of the shredded coconut.

BAKED MACARONI AND CHEESE BALLS

BY: FAVEHEALTHYRECIPES.COM TEST KITCHEN



If you love cheese sticks and cheese balls in restaurants, then you'll love these Baked Macaroni and Cheese Balls. Take your everyday macaroni and cheese recipe, and turn it into this great appetizer recipe. Because these cheese balls are baked, not fried, you won't feel guilty for making this easy appetizer recipe. Don't skip the step of using well-chilled mac 'n cheese prior to baking them because you want the cheese to melt in your mouth, not all over the baking sheet. These crispy and crunch, yet soft and gooey, cheese balls are well worth the wait.

Cook Time: 20 minutes

Makes: 20 cheese balls

Nutritional Information:

Serving size: 25 g

Calories: 80

Total Fat: 2.6 g

Saturated Fat: 0.7 g

Total Carbohydrates: 11.1 g

Protein: 3 g

Ingredients

- 1 (6-ounce) package of mac and cheese, plus ingredients called for on the package
- 2 tablespoons vegetable oil, divided
- 1 cup bread crumbs
- 2 tablespoons Parmesan, divided
- 2 tablespoons dry parsley flakes
- ½ teaspoon cayenne pepper, pepper flakes, or a seasoned dry herb mix you prefer (see note)
- ½ cup all-purpose flour
- 2 eggs, beaten

Instructions

1. Make the mac and cheese per directions on the box, adding teaspoon cayenne pepper to the mix. Remove from the cooking pan and store in a 1 quart storage container in the refrigerator for at least 8 hours to become very firm. It must be very well chilled before continuing.
2. When ready to bake, preheat oven to 425F. Line a baking sheet with foil and rub with at last 1 tablespoon of the vegetable oil. Save the rest of the oil for later.
3. Place bread crumbs, Parmesan cheese, and dry herbs into a shallow bowl. Place flour into another bowl and the beaten eggs into a third bowl.
4. Using a small ice cream scoop or a tablespoon, scoop balls of the mac and cheese. One by one, form the balls in your hands which have been rubbed with the remaining oil. Drop each ball into the flour, then into the egg, then into the bread crumbs, rubbing the ball in your oiled hands. Then, place the cheese balls an inch apart on the prepared baking pan. Continue until all of the mac and cheese is used. You should have about 20 small balls.
5. Bake for 10 minutes, check, and continue baking 7 – 10 minutes more or until balls are lightly browned. Be sure they do not burn on the bottom.
6. Serve immediately as-is or with a dip of your choice.

Note:

We used a Mexican spice blend while making the balls and then served this snack with a jarred salsa. You could also use an Italian spice blend and dip them in warm pizza sauce. As a third option, you could simply use your favorite prepared condiment. These Baked Macaroni and Cheese Balls will be amazing no matter which option you choose.

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BUFFALO CAULIFLOWER BITES

BY: FAVEHEALTHYRECIPES.COM TEST KITCHEN



Want to add some spice to your life? Then you need to try these Buffalo Cauliflower Bites. All you need is a few simple ingredients to make these tasty cauliflower bites. We bet you'll already own most of these pantry-staple ingredients. After you cook the cauliflower, you simply brush a homemade sauce over the bites. The sauce will take this recipe to the next level. You can serve these cauliflower bites for a healthy afternoon snack or a crowd-pleasing appetizer. No matter when you serve these bites, they'll be loved by all.

Serves: 6 People

Nutritional Information

Per serving (224 g)

Calories: 138

Total Fat: 4.3 g

Saturated Fat: 2.5 g

Carbohydrates: 23.2 g

Dietary Fiber: 5.5 g

Sugars: 7.1 g

Protein: 4.0 g

Ingredients

- 2 pounds head cauliflower
- $\frac{3}{4}$ cup gluten free flour
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- 1 cup water

To make the sauce:

- $\frac{1}{4}$ cup hot sauce
- 2 tablespoons butter
- 1 tablespoon honey
- Pinch salt

For serving:

- Blue cheese salad dressing
- Celery strips

Instructions

1. Preheat oven to 450F. Line a baking sheet with foil and spray with cooking spray.
2. Cut of the core and stem of the cauliflower and cut florets into bite-size pieces.
3. In a large bowl, combine gluten free flour, garlic powder, and salt. Add water gradually until a batter forms which is pourable, similar to pancake batter (see note). Add cauliflower and toss to coat, then lift each piece with a slotted spoon and let excess batter drip back into bowl. Place cauliflower on prepared baking sheet and bake 20 – 25 minutes until it begins to brown.
4. Meanwhile, heat sauce ingredients in a small saucepan over low heat for 2 minutes. When cauliflower is tender, brush sauce over each piece and return to the oven for another 10 minutes.
5. Serve with the celery strips and the salad dressing for dipping.

Notes:

- Each brand of gluten free flour absorbs water differently, so add it gradually – you may not need the entire 1 cup.
- In true Buffalo flavor fashion, the hot sauce mixture is very spicy. Adjust the heat by using more or less of the honey until it is just right to your taste.



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WHOLE GRAIN ENERGY BITES

BY: [ROMAN MEAL](#)



Use your muffin tins for more than muffins and make yourself these Whole Grain Energy Bites. Bite sized and bursting with whole grains, this recipe is definitely one of the very best healthy snack ideas out there. You can easily make a large batch of these energy bites and take them on a road trip or into work and share with your coworkers. They'll definitely appreciate the healthy boost of energy on a Monday morning. Instead of getting something out of a vending machine, bring your own healthy snacks and your waistline will definitely thank you.

Makes: 36 servings

Preparation Time: 15 minutes

Cooking Time: 24 minutes

Nutritional Information

Per serving (224 g)

Calories: 138

Total Fat: 4.3 g

Saturated Fat: 2.5 g

Carbohydrates: 23.2 g

Dietary Fiber: 5.5 g

Sugars: 7.1 g

Protein: 4.0 g

Ingredients

- 1 ½ cup Roman Meal Original with Oats
- ¾ cup brown sugar, packed
- 2 egg whites
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 1 tablespoon whole wheat flour
- ½ cup dried cherries, chopped
- ½ cup almonds, toasted and chopped
- ½ cup mini semi-sweet morsels

Instructions

1. Preheat oven to 325F.
2. Spread cereal on foil-lined baking sheet. Bake for 12 minutes, stirring once, until toasted.
3. Combine brown sugar, egg whites, oil, vanilla, and salt in medium bowl. Stir in cereal, flour, cherries, almonds, and semi-sweet morsels until blended.
4. Press about 1 tablespoon of mixture into 36 greased mini-muffin tins. Bake for 10 – 12 minutes, until edges are just set. Cool completely in pans on wire racks; store in airtight container.

MORE HEALTHY SNACK RECIPES

GARLIC PARMESAN KALE CHIPS

BY: [ANJALI FROM PICKY EATER BLOG](#)



We have finally found a tasty recipe for healthy chips. To get these marvelous Garlic Parmesan Kale Chips, season some chopped kale with salt, olive oil, garlic, and more. In twenty minutes, you'll have an easy, healthy snack for yourself and your kids. These chips are not only low calorie; they are also high in fiber. The best part about this easy snack recipe is that these kale chips taste as good as potato chips, but you can eat a bunch of them without feeling guilty. If you're trying to eat healthier, then this is the snack for you.

Serves: 6

Cooking Time: 20 minutes

Nutritional Information:

Serving size: 17 g

Calories: 68.7

Total Fat: 3.3 g

Total Carbohydrates: 7.5 g

Dietary Fiber: 2.6 g

Sugars: 1.6 g

Protein: 4.2 g

Ingredients

- 2 bunches of kale
- 2 tsp olive oil
- 3 garlic cloves, minced
- Sea salt
- ¼ cup Parmesan cheese, grated
- *Optional for dairy free:* 1 Tbsp toasted sesame seeds

Instructions

1. Preheat oven to 375F.
2. Rinse kale in a salad spinner.
3. Remove dark ribs and chop kale roughly.
4. Put leaves in a big bowl, toss with olive oil, garlic, and salt.
5. Spread leaves on a large, rimmed baking sheet. Kale does not need to be in a single layer as it will shrink in volume as it cooks.
6. Bake for 15-20 minutes, until the leaves are tender, crisp on edges and slightly browned. Stir once or twice while they're cooking.
7. Optional if dairy free: Sprinkle with sesame seeds before serving.
8. Note for the Parmesan: You can add it before or after baking. If you add it before baking, toss the kale with the olive oil, garlic, salt, and Parmesan together. The Parmesan will be slightly browned and crispy with the chip after baking. If adding it after baking, add it right after you pull the kale chips out of the oven so the cheese will melt on the chips.

WHOLE WHEAT GRAHAM CRACKERS

BY: [BLAIR LONERGAN FROM THE SEASONED MOM](#)



Whether you're looking for a sweet treat to include in your children's lunches or you need something to offset your favorite bitter tea, these Whole Wheat Graham Crackers are for you. You don't need a mixer to make this one-bowl recipe so you'll find yourself returning to this easy graham cracker recipe over and over. Your kids aren't going to miss the store bought ones once they try the homemade crackers. During the summer and fall, you can host a bonfire and make s'mores with your homemade graham crackers! Your guests will be so impressed that you made the crackers yourself instead of just cracking open a box.

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Nutritional Information:

Serving size: 54 g
Calories: 194
Total Fat: 5.8 g

Saturated Fat: 0.5 g
Total Carbohydrates: 33.6 g
Dietary Fiber: 0.7 g
Sugars: 14.3 g
Protein: 2.8 g

Ingredients

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup canola oil
- ½ cup honey
- ¼ cup milk, plus additional for brushing on tops

Instructions

1. Preheat oven to 400F
2. Whisk together flour, baking powder, and salt in a large bowl. Add oil, honey, and milk. Stir with a wooden spoon until dough forms and well combined.
3. Roll out dough on a floured surface to ¼ -inch thickness.
4. Cut into squares or use cookie cutters to make other shapes. Prick with a fork and brush squares with additional milk.
5. Bake on a baking sheet for approximately 10-15 minutes or until golden brown.
6. Alternatives: If you'd like to make teething biscuits, just roll the dough thicker and cut into long rectangles for easy grasping.
7. Add a teaspoon of cinnamon for cinnamon Graham crackers!

SUGAR-FREE HOMEMADE GRANOLA

BY: [JESSE LANE FROM JESSE LANE WELLNESS](#)



Breakfast is the most important meal of the day. It sets the tone for the next sixteen hours or so. So, it's up to you to do it right! This Sugar-Free Homemade Granola is the way to go. Delicious and full of nutrients like fiber and protein, you'll be good to go until lunch. Enjoy it in nut milk, a smoothie, yogurt, or right out of a bag. This recipe only takes about fifteen minutes to make on a Sunday night, and you'll have a granola all week! Not to mention, it's also gluten-free and vegan.

Makes: 7 cups

Preparation Time: 15 minutes

Cook Time: 50 minutes

Nutritional Information:

Serving size: 62 g

Calories: 277

Total Fat: 16.2 g

Saturated Fat: 3.6 g

Total Carbohydrates: 28.3 g

Dietary Fiber: 4.8 g

Sugars: 10.8 g

Protein: 8.1 g

Ingredients

- 1/3 cup maple syrup
- 2 Tbsp coconut oil, melted
- 2 Tbsp nut butter
- 2 tsp vanilla
- 3 cups rolled gluten free oats
- 1 cup chopped raw almonds
- 1/2 cup chopped raw walnuts
- 1/2 cup raw unsalted sunflower seeds
- 1/2 cup raw pumpkin seeds
- 1/2 cup raw sesame seeds
- 2 Tbsp coconut flakes
- 1 tsp cinnamon
- Pinch nutmeg
- Pinch cloves
- 2/3 cup dates, chopped
- 2 Tbsp chia seeds

Instructions

1. Preheat the oven to 250F.
2. Whisk the maple syrup, coconut oil, nut butter, and vanilla. You may have to gently heat the mixture to ensure the coconut oil stays melted and everything combines well.
3. In a very large bowl, combine oats, almonds, walnuts, pumpkin seeds, sunflower seeds, sesame seeds, coconut flakes, cinnamon, nutmeg, and cloves.
4. Pour the wet mixture over the dry mixture and mix well until everything is evenly coated.
5. Spread the granola onto one or two baking sheets lined with parchment paper. Bake for 30 – 45 minutes, stirring every 10 minutes, until golden brown. If you are using two baking sheets, rotate the rack it is sitting on each time you stir.
6. When the granola is golden brown, remove it from the oven and let it cool for 20 minutes so it stiffens. Add the dates and chia seeds and store in an airtight container in the fridge for up to a month.



[Click here to find out how to become a Weekend Warrior: How to Meal Prep!](#)

BAKED ZUCCHINI CHIPS

BY: FAVEHEALTHYRECIPES.COM TEST KITCHEN



These Baked Zucchini Chips are a terrifically healthy snack. The zucchini is deliciously crispy, but it's the seasonings that take this recipe to the next level. Every bite will be amazing. It'll be hard to stop snacking on these zucchini chips. Luckily this is a healthy snack, so you won't feel guilty for eating more than your share. The best news is that you only need a few ingredients to make these baked chips. This means that you can easily make these zucchini chips even when you're busy doing a hundred other things. You simply pop them in the oven and wait for the chips to crisp up. It seriously can't get any easier than that!

Cook Time: 1 hour 30 minutes

Ingredients

- 2 medium zucchini
- Dry herbs and/or seasonings as desired (see note)

Nutritional Information

Serving size: 10 g

Calories: 2

Total Fat: 0 g

Total Carbohydrates: 0.3 g

Protein: 0.1 g

Instructions

1. Preheat oven to 225F.
2. Line two baking sheets with foil and spray with cooking spray.
3. Slice zucchini very thinly into circles. They should be about the size and width of a quarter. Lay them on the baking sheet and spray with more cooking spray to coat all surfaces. Sprinkle VERY LIGHTLY with spices of your choice.
4. Bake for 45 minutes, then rearrange baking sheet in the oven and bake another 45 minutes. If the chips are not crispy enough, continue to bake. Check frequently until all of the moisture has evaporated and the chips just begin to brown.

Note: Make a mixture of salt and Italian dry spices or use a premixed mixture you already have in your cupboard. You will only need a little more than ½ teaspoon total. We mixed ½ teaspoon salt with ¼ teaspoon Mexican spices with chile for some, and ½ teaspoon salt with ¼ teaspoon Italian spices for others. We used these amounts for 2 medium zucchini.

One medium zucchini, cut very thinly, should yield about 40 thin slices.

LOW-CARB CLOUD COOKIES

BY: FAVEHEALTHYRECIPES.COM TEST KITCHEN



Oh boy, oh boy. If you're on a low-carb diet, then you're probably craving a sweet chocolatey treat. Luckily, you can satisfy that craving without ruining your diet. These Low-Carb Cloud Cookies taste just like your traditional chocolate chip cookie recipe, but each cookie only has 11.4 grams of carbs. That's practically nothing! These cookies are perfectly light, so you won't feel weighed down after enjoying one or two. We recommend that you make these cookies as soon as possible. You definitely won't regret it!

Makes: 30 Cookies

Nutritional Information

Per serving (22 g)

Calories: 80

Total Fat: 3.4 g

Saturated Fat: 1.6 g

Carbohydrates: 11.4 g

Dietary Fiber: 0.6 g

Sugars: 2.7 g

Protein: 1.3 g

Ingredients

- ½ cup rolled oats
- ½ cup brown sugar, lightly packed
- ¼ cup butter, room temperature
- ½ teaspoon baking soda
- 1/8 teaspoon salt
- ½ cup plain low-fat yogurt
- 1 egg
- 1 ¼ cup all-purpose flour
- 1 cup sugar-free chocolate chips

Instructions

1. Preheat oven to 375F. Have two ungreased cookie sheets ready.
2. Place oats into a small food processor or in a blender and process to a fine flour. Set aside.
3. In an electric mixer, blend brown sugar with butter, baking soda, and salt until well mixed. Combine yogurt, eggs, and vanilla in a small bowl. Whisk to combine and then add to the butter mixture with the machine running. Stir in the flour, then the ground oats, and finally the chocolate chips.
4. Use a small ice cream scoop or measuring tablespoon to scoop dough onto baking sheets. Bake about 10 minutes. The bottoms should be browned but the tops will be only very lightly browned. Cool on a wire rack.

2-INGREDIENT "GRILLED" CHEESE DIPPERS

BY: FAVEHEALTHYRECIPES.COM TEST KITCHEN



If there was ever a better way to eat cheese, I think we have done it! Instead of eating a grilled cheese sandwich with your nutritious tomato soup, swap it out for these lower-calorie 2-Ingredient "Grilled" Cheese Dippers. They couldn't be more fun to make. Get the kids involved and you'll be able to whip up a batch in no time. These are great accompaniments to soup, as appetizers or for lunch boxes. Wonton wrappers decrease the amount of carbohydrates and low-fat cheese reduces fat count. So, get wrapping and enjoy your "grilled" cheese and tomato soup.

Nutritional Information

Per serving (22 g)

Calories: 80

Total Fat: 3.4 g

Saturated Fat: 1.6 g

Carbohydrates: 11.4 g

Dietary Fiber: 0.6 g

Sugars: 2.7 g

Protein: 1.3 g

Ingredients

- 1 package Wonton wrappers
- Non-stick cooking spray
- 1 package, low-fat cheddar cheese sticks

Instructions

1. Preheat the oven to 400F.
2. Remove cheese from wrapper and slice in half.
3. Place half of one cheese stick at the corner end of a Wonton wrapper and begin to roll, folding the edges in.
4. Spray the end of the Wonton wrapper with non-stick cooking spray to create a seal. Repeat until all cheese is wrapped. You can also spray the entire Wonton for an extra crispy texture.
5. Place wrapped cheese on a non-stick cookie sheet and place in the oven for approximately 10 minutes or until the outside is golden brown. Flip them over and cook for an additional 5 minutes.

WARM ROASTED PUMPKIN SEEDS

BY: FAVEHEALTHYRECIPES.COM TEST KITCHEN



This recipe shows that healthy afternoon snacks don't have to be bland. Garlic, chili powder, and the usuals – salt and pepper – give Warm Roasted Pumpkin Seeds enough kick to get you through the rest of your day! Once you give this simple 5-ingredient recipe a try, you will be in love at first bite. Trust us. They are the best straight from the oven, so be prepared for your family to swarm the oven when they're out. This is the perfect fall recipe to try as the wind blows outside and leaves fall from the trees.

Cooking Time: 1 hour 15 minutes

Nutritional Information

Per serving (33 g)
Calories: 174
Total Fat: 15.1 g
Saturated Fat: 3.9 g
Carbohydrates: 5.8 g
Dietary Fiber: 1.4 g
Protein: 7.0 g

Ingredients

- 2 cups pumpkin seeds
- 2 teaspoons salt
- 2 teaspoons garlic powder
- 1 teaspoon black pepper
- 2 teaspoons chili powder
- 2 tablespoons butter, melted

Instructions

1. Mix all ingredients except butter.
2. Add melted butter and mix well.
3. Place on a greased cookie sheet and bake in a preheated 250F oven for 75 minutes, turning once.

THANK YOU

THE FOLLOWING BLOGGERS MADE THIS EBOOK POSSIBLE:

Natalie Thomas from [Feasting on Fruit](#)

Kaylee Pauley from [Lemons and Basil](#)

Petro Neagu from [The Seaman Mom](#)

Ali Rost from [Veggies by Candlelight](#)

Crystal Sykes from [Simply Playful Fare](#)

Kristy Jones from [Southern in Law](#)

Maria Ushakova from [Maria Ushakova](#)

Anjali Shah from [The Picky Eater](#)

Blair Lonergan from [The Seasoned Mom](#)

Jesse Lane from [Jesse Lane Wellness](#)