



Successful Snack Ideas

Created by Live Your Best 365



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Hey there,

Enjoy these snack recipes. They're in no particular order. Feel free to pick and choose, mix and match and read the notes section for swap ideas.

Happy (& healthy) snacking!

Alisa

Successful Snack Ideas

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	Vanilla Rice Pudding	Apples & Almonds	Spiced Walnuts	Spiced Walnuts	Crunchy Yogurt Clusters	Crunchy Yogurt Clusters	Savory Roasted Chickpeas
Snack 2	Chickpeas & Snow Peas Snack Box	Peanut Butter & Banana Shake	Chocolate Layered Chia Pudding	Chocolate Layered Chia Pudding	Dark Chocolate Almond Mousse	Dark Chocolate Almond Mousse	Cucumber & Avocado Salad

Successful Snack Ideas

37 items

Fruits

- ☐ 1 Apple
- ☐ 1/2 Avocado
- ☐ 1 Banana
- ☐ 1 1/2 **tsps** Lemon Juice
- ☐ 1 Pear
- ☐ 3/4 **cup** Strawberries

Breakfast

- ☐ 2 **tsps** All Natural Peanut Butter
- ☐ 1/4 **cup** Almond Butter
- ☐ 1/4 **cup** Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 **cup** Almonds
- ☐ 1/4 **tsp** Black Pepper
- ☐ 2 **tsps** Cashews
- ☐ 1/8 **tsp** Cayenne Pepper
- ☐ 3/4 **cup** Chia Seeds
- ☐ 1 **tsp** Cumin
- ☐ 1 **tsp** Italian Seasoning
- ☐ 2 **tsps** Pumpkin Seeds
- ☐ 1 3/4 **tsps** Sea Salt
- ☐ 2 **cups** Walnuts

Frozen

- ☐ 1 **cup** Frozen Cauliflower

Vegetables

- ☐ 1/2 Cucumber
- ☐ 1 **tbsp** Parsley
- ☐ 1/2 **cup** Snow Peas

Boxed & Canned

- ☐ 1/2 **cup** Arborio Rice
- ☐ 2 3/4 **cups** Chickpeas

Baking

- ☐ 3 **tsps** Agave
- ☐ 1/2 **cup** Cocoa Powder
- ☐ 2 **tsps** Dried Unsweetened Cranberries
- ☐ 2 **tsps** Raw Honey
- ☐ 1 **tbsp** Vanilla Extract

Condiments & Oils

- ☐ 2 2/3 **tsps** Extra Virgin Olive Oil

Cold

- ☐ 3/4 **cup** Plain Coconut Milk
- ☐ 1/3 **cup** Plain Greek Yogurt
- ☐ 6 1/2 **cups** Unsweetened Almond Milk
- ☐ 3/4 **cup** Unsweetened Coconut Yogurt

Other

- ☐ 4 Ice Cubes
- ☐ 1 **cup** Water

Vanilla Rice Pudding

5 ingredients · 45 minutes · 3 servings



Directions

1. In a large pot combine the almond milk, maple syrup, vanilla and sea salt and stir together. Over medium heat, bring the almond milk mixture to a gentle boil. Stir in the rice and reduce heat to low.
2. Allow the rice to gently simmer and stir often. Every 3 to 5 minutes is best to prevent sticking and to help the pudding thicken. Continue for 20 to 25 minutes or until the rice is tender, the liquid has absorbed and the pudding has thickened.
3. Remove from the heat and let the rice pudding cool in the pot for 10 minutes. It will continue to thicken as it cools. Divide the warm pudding evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat with additional almond milk.

Serving Size

One serving is approximately 2/3 cup of pudding.

Nut-Free

Use a nut-free milk instead, like coconut, oat or dairy.

Additional Toppings

Garnish with cinnamon, fresh or mashed berries or raisins.

Cooking Temperature

Adjust heat as necessary to maintain a gentle simmer throughout cooking.

Consistency

If the pudding is too thick, thin with additional almond milk until desired consistency is reached.

Ingredients

3 cups Unsweetened Almond Milk

1/4 cup Maple Syrup

2 tsps Vanilla Extract

1/8 tsp Sea Salt

1/2 cup Arborio Rice

Apples & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Core apple and cut it into slices. Serve with almonds.

Ingredients

- 1 Apple (sliced)
- 1/4 cup Almonds

Spiced Walnuts

6 ingredients · 10 minutes · 4 servings



Directions

1. Lay a large piece of wax paper across the counter.
2. Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
3. Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
4. Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

Notes

Extra Spicy

Add extra cayenne pepper.

Ingredients

- 2 tbsps** Raw Honey
- 2 tbsps** Extra Virgin Olive Oil
- 2 cups** Walnuts
- 1/2 tsp** Sea Salt
- 1 tsp** Cumin
- 1/8 tsp** Cayenne Pepper

Crunchy Yogurt Clusters

5 ingredients · 2 hours · 6 servings



Directions

1. Line a baking sheet with parchment paper, wax paper or a silicone mat.
2. Add all ingredients in a bowl and mix well to combine. Scoop the mixture and transfer to the lined baking sheet, forming clusters of about 2 to 2.5 inches.
3. Freeze for at least 2 hours before serving. Enjoy!

Notes

Leftovers

Keep frozen in an airtight container or freezer bag. Line with parchment paper between pieces if needed.

Serving Size

One serving equals roughly one cluster.

Nut-Free

Use pumpkin seeds and sunflower seeds instead.

More Flavor

Add maple syrup.

Additional Toppings

Top with hemp seeds, bee pollen or pomegranate seeds.

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

Ingredients

1/3 cup Plain Greek Yogurt

1/4 cup Almonds

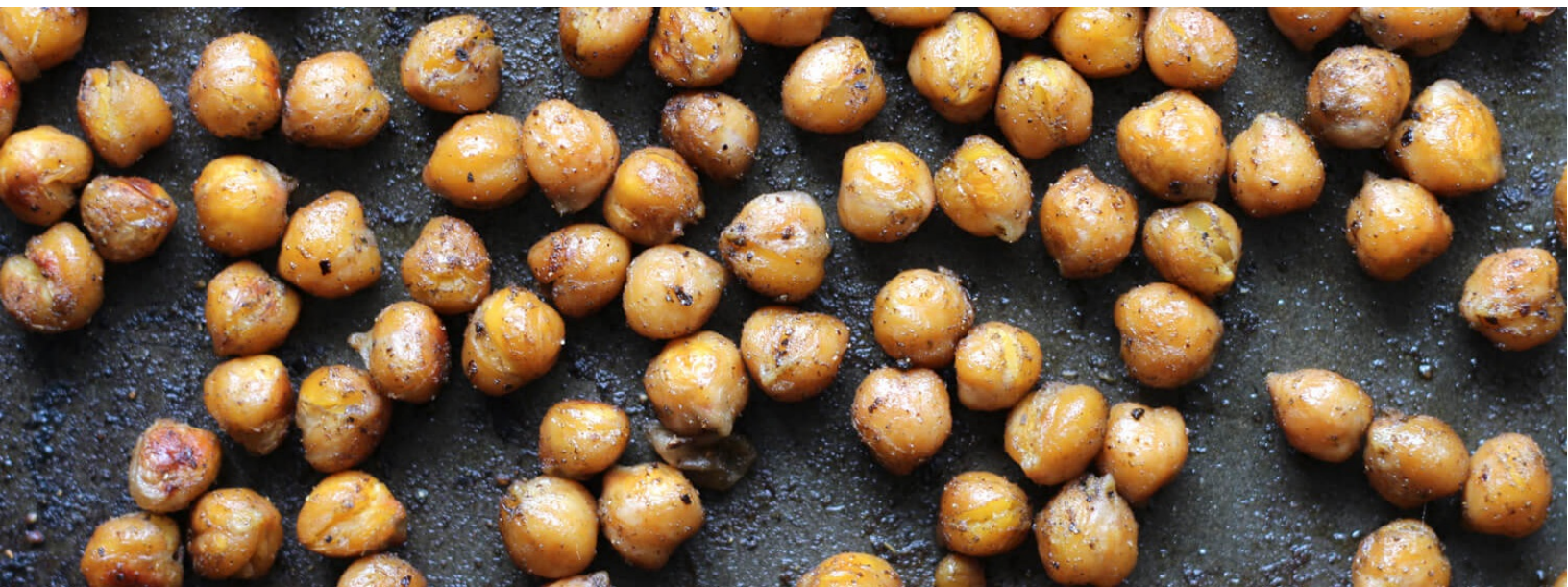
2 tbsps Cashews

2 tbsps Pumpkin Seeds

2 tbsps Dried Unsweetened Cranberries

Savory Roasted Chickpeas

5 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, Italian seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
3. Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
4. Let cool before storing in an airtight container in the fridge.

Notes

Leftovers

They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

Make Them Crispy

Bake for longer if you like them really crispy.

Ingredients

2 cups Chickpeas (canned, or cooked and drained)

2 tsps Extra Virgin Olive Oil

1 tsp Italian Seasoning

1/2 tsp Sea Salt

1/4 tsp Black Pepper

Chickpeas & Snow Peas Snack Box

4 ingredients · 8 minutes · 1 serving



Directions

1. In a saucepan, bring water to a boil. Add the snow peas and cook for one minute. Drain and rinse.
2. Serve the snow peas with the chickpeas and pear. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Sauté the snow peas in butter and lemon juice. Season chickpeas with your choice of herbs or spices.

Ingredients

- 1 cup Water
- 1/2 cup Snow Peas
- 1/2 cup Chickpeas (cooked, rinsed)
- 1 Pear (sliced)

Peanut Butter & Banana Shake

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add a pinch of cinnamon or sea salt.

Make it Green

Add spinach or kale.

No Almond Milk

Use oat milk instead.

Consistency

Adjust consistency to your liking by adding more or less liquid to the blender.

Ingredients

1 1/2 cups Unsweetened Almond Milk

1 cup Frozen Cauliflower

1 Banana

4 Ice Cubes

1/4 cup Chickpeas (cooked, rinsed)

2 tbsps All Natural Peanut Butter

1 tsp Maple Syrup (optional)

Chocolate Layered Chia Pudding

5 ingredients · 25 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
2. Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Additional Toppings

Add granola or cacao nibs on top for crunch.

No Coconut Yogurt

Use another type of yogurt instead.

Ingredients

1/4 cup Chia Seeds

3/4 cup Plain Coconut Milk (from the carton)

1 tbsp Cocoa Powder

3/4 cup Unsweetened Coconut Yogurt

3/4 cup Strawberries (cut in half)

Dark Chocolate Almond Mousse

7 ingredients · 3 hours 5 minutes · 5 servings



Directions

1. Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
2. Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size

One serving is roughly 1/2 cup.

Additional Toppings

Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter

Use another nut or seed butter instead.

Ingredients

2 cups Unsweetened Almond Milk

1/2 cup Chia Seeds

1/2 cup Cocoa Powder

1/4 cup Almond Butter

3 tbsps Agave

1 tsp Vanilla Extract

1/2 tsp Sea Salt

Cucumber & Avocado Salad

5 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. For best results, cut and add the avocado just prior to enjoying.

More Flavor

Add chili flakes or cayenne.

Additional Toppings

Nuts, seeds or additional vegetables.

Ingredients

1/2 Cucumber (sliced)

1/2 Avocado

1 1/2 **tsps** Lemon Juice

1 **tbsp** Parsley (chopped)

1/8 **tsp** Sea Salt