

Healthy snacks cookbook: The best healthy snacks recipes

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Introduction

Everyone love crunching and munching all over the day, and they often snack more consistently than they have meals. So make certain to store healthy snacks in your house that your nibblers will be pleased to participate in.

We nowadays are snacking heavily than before, and as parents, we've got power to turn those snacks healthy and helpful.

They're getting additional calories from their snacks. Snacks are most often too sugary and oily.

Nevertheless still, some snacks can prove to be healthy and good for our children within certain limits.

Often we have unreliable eating habits, and healthy snacks fill in their nutrition gaps.

Snacking helps us to make up for skipped or skimpy breakfasts, keep up their energy and provide fuel that is needed before and after sports, school or any such other activities.

1. Chicken Kabobs and Peanut Sauce



Prep Time: 35 minutes

Total Time: 50 minutes

Servings: 8

Ingredients:

For chicken:

- 12 oz of chicken breast, skinless and boneless
- 2 tbsp of low-sodium soy sauce
- 2 tbsp of vegetable oil
- For peanut sauce:
- 3 tbsp of peanut butter
- 2 tbsp of low-sodium soy sauce
- 1 tbsp of honey
- 2 tbsp of lime juice, freshly squeezed

- 1 tbsp of scallion greens, chopped
- 1/8 tsp of garlic powder

Directions:

1. For chicken: Cut chicken into strips of 1/4 -inch. Lay the chicken strips on cutting board; gently flatten them with fist. Place chicken in bowl along with soy sauce and oil and spin the chicken strips in sauce for coating. Allow the chicken to marinate for a minimum of 20 minutes at the room temperature, or refrigerate it overnight.
2. For peanut sauce: Combine peanut butter, lime juice, soy sauce, honey, scallions, red-pepper flakes and garlic powder in the bowl; whisk them together.
3. Preheat the flat griddle on medium heat. Remove the chicken from the marinade, pat it dry and thread them onto skewers. Place the skewers on hot griddle away from direct heat; cook chicken till golden brown, for 2-3 minutes per each side. Serve skewers along with the peanut sauce to dip.

2. Sweet Potato Baked Fries



Prep Time: 10 minutes

Total Time: 35 minutes

Servings: 6

Ingredients:

- 2 lb of sweet potatoes
- 2 tbsp of olive oil
- 1½ tsp of kosher salt
- 1½ tsp of chilli powder

Directions:

1. Preheat oven at 425°F. Cut sweet potatoes lengthwise into half; place and cut the halves into wedges of 1-inch.
2. Combine oil, 1 tsp of salt and chilli powder in small bowl. Place potatoes on the baking pan; brush them with oil mixture. Lay potatoes with flesh-side down over pan and place the baking pan in oven.

3. Bake them, turning once, till soft, for 20-25 minutes. Remove them from oven; season them with the remaining $\frac{1}{2}$ tsp of salt. Allow the wedges to cool for some time and serve them warm with ketchup or squeeze lime juice over, if desired.

3. Cranberry Orange Muffins



Prep Time: 15 minutes

Total Time: 40 minutes

Makes: 12 muffins

Ingredients:

- Cooking spray
- ½ cup of orange juice
- 1 navel orange, segmented into wedges
- 1 large egg
- 1½ cups of all-purpose flour
- ¾ cup of sugar
- ¼ cup of vegetable oil
- 1 tsp of baking soda
- 1 tsp of baking powder

- 1 tsp of kosher salt
- ½ cup of dry cranberries, chopped

Directions:

1. Preheat oven at 375°F. Coat a muffin-tin using cooking spray.
2. Blend orange juice, orange wedges, oil and egg in a blender until smooth.
3. Whisk flour, baking soda, baking powder, sugar and salt together in a bowl; whisk to mix well. Make a dig in centre of dry ingredients; pour orange mixture in it; stir to prepare thick batter. Add in cranberries.
4. Divide this mixture into cups of muffin tin, filling up to $\frac{3}{4}$ full; bake till muffins become golden and bounce when pressed gently, for 20-25 minutes. Let them cool on wire rack and serve warm.

4. Cheesy Straws



Prep Time: 20 minutes

Total Time: 30 minutes

Makes: 12 servings of 2 straws each

Ingredients:

- A little bit of flour for scattering
- 1 (8½ -oz) sheet of puff pastry, defrosted
- 1 egg yolk, beaten with 1 tbsp of water
- 1/3 cup of Parmesan cheese, grated
- 1 tsp of paprika

Directions:

1. Preheat oven at 400°F. Line a baking sheet with a parchment paper; keep aside.
2. Unfold puff pastry on a floured surface. Roll it to square of 12-inch using rolling pin. Brush puff using egg mixture.

3. Sprinkle paprika and cheese evenly on the puff. Press toppings gently and firmly into puff to stick.
4. Slice puff into 24 strips of ½ -inch. Place the strips on prepared baking sheet with seasoned-side up. Twirl the strips, clockwise, 2 times at top and counter clockwise at bottom to get a long spiral. Place the baking sheet in oven and bake till the twists become golden brown and are puffed, for about 18 minutes. Let them cool on a rack and serve.

5. Healthy Apple Chips



Prep time: 2 minutes

Total time: 2 hours

Makes: 1 serving

Ingredients:

- 1 apple, Red Prince

Directions:

1. Preheat the oven at 200F.
2. Cut the apple into very thin slices, of about 1/16 -inch. Arrange them on a lined baking sheet, make sure to none overlap.
3. Bake them for 1 hour, turn the slices and bake for 1 more hour. Remove them from the oven and allow them to cool to become crisp. Store them in airtight container.

6. Trail Mix and Chocolate Bar



Prep time: 2 minutes

Total time: 2 minutes + 6 hours setting time

Makes: 1 serving

Ingredients:

- 1 cup of trail mix (desired)
- 8 oz of dark-chocolate chips
- ½ tsp of sea salt, Maldon or any other

Directions:

1. Melt the chocolate chips in the microwave-safe bowl in increments of 15-seconds till melted and become smooth for about 1 minute.
2. Evenly pour the melted chocolate on a lined baking pan to the desired consistency.
3. Evenly spread the trail mix on the chocolate and just press slightly so the trail-mix sticks.
4. Sprinkle it with ½ tsp of sea salt.

5. Place the chocolate in refrigerator and allow it to set for a minimum of 90 minutes.
6. Cut the chocolate bar into small squares and store them in covered container in refrigerator.

7. Baked Vegetable Chips



Prep time: 2 minutes

Total time: 2 minutes + 6 hours setting time

Makes: 1 serving

Ingredients:

- 2 parsnips, peeled, fat ends cut into halves lengthwise and thin ends discarded
- 1 celery root, peeled and cut crosswise into half
- 2 sweet potatoes, peeled and cut crosswise into halves
- 2 golden or purple beets, peeled and cut into halves
- Olive-oil cooking spray
- Sea salt

Directions:

1. Cut the vegetables into slices of 1/16- inch using a slicer.

2. Place slices of vegetables on a paper towel in single layer and sprinkle them with some sea salt. Let them stand for about 15 minutes and blot them dry. Place the racks in upper part of oven and preheat it at 375 F. Lightly coat the baking sheet using cooking spray.
3. Place slices of vegetables in single layer over the baking sheet in batches. Bake them till crisp, for about 20 minutes; sprinkle them with some sea salt. Let them to cool on baking sheet for about 5 minutes. Transfer them to one bowl. Wipe the baking sheet clean and repeat this with remaining slices of vegetables.

8. Oatmeal Raspberry Cookies



Prep time: 2 minutes

Total time: 2 minutes

Yields: 15 cookies

Ingredients:

- 1 cup of instant oats
- $\frac{3}{4}$ cup of whole-wheat flour
- $\frac{1}{2}$ tsp of cinnamon, ground
- $\frac{1}{8}$ tsp of salt
- 1 $\frac{1}{2}$ tsp of baking powder
- 2 tbsp of coconut oil, melted
- 1 tsp of vanilla extract
- 1 egg
- $\frac{1}{2}$ cup of honey
- 6 tbsp of fresh raspberries, diced

Directions:

1. Whisk flour, oats, baking powder, salt and cinnamon together in a bowl. Whisk together egg, coconut oil and vanilla in another bowl. Add honey and stir till incorporated well. Add flour mixture and stir just till incorporated. Fold in raspberries. Chill this dough for a minimum of 30 minutes.
2. Preheat oven at 325°F, and cover the baking sheet using a parchment paper.
3. Drop the dough into 15 round scoops over baking sheet. Bake in oven at 325°F for about 13-15 minutes. Cool the cookies on baking sheet for a minimum of 15 minutes prior to transferring them onto the wire rack.

9. Baked Carrot Fries



Prep time: 2 minutes

Total time: 12 minutes

Makes: 5 servings

Ingredients:

- 1 lb of fresh carrots
- ½ tsp of kosher salt
- 2 tsp of oil (coconut oil, olive oil, or your choice)

Directions:

1. Cut carrots into thick strips.
2. Toss carrot slices with salt and oil.
3. Bake them in preheated oven at 450 F, for about 10-12 minutes, or till required crispiness is attained.

10. Mango Roll-Ups



Prep Time: 10 min

Cook Time: 4 hours

Yields: About 8 roll-ups

Ingredients:

- 4 cups of ripe mango, diced

Directions:

1. Preheat oven at 175°F and line the baking sheet with a parchment paper.
2. Puree mango in blender till smooth.
3. Evenly spread the purée on prepared sheet using a spatula till about 1/8-inch thick.
4. Bake this purée in oven, for about 3-4 hours.
5. The roll-ups are prepared after the purée becomes dry enough to touch and flexible. If bottom side of roll-ups is wet still after a while, turn over the roll-ups and continue to bake them till they become completely dry.

6. Remove roll-ups from oven. Place a wax paper piece on the top of roll-ups; peel off wax paper and roll-ups together. Cut sheet into strips and roll up those strips.

11. Healthy Banana Chips



Prep time: 20 minutes

Total time: 2 hours 20 minutes

Serves: 4 -6 servings

Ingredients:

- 2-3 ripe bananas
- Lemon Juice

Directions:

1. Preheat the oven at 225 F.
2. Cut the bananas into slices of 1/8-inch and lay them out in single layer over a lined baking tray. Brush them with some lemon juice.
3. Bake them till bananas are dried out, for 2-3 hours. Check them after around 90 minutes.
4. Remove them from oven; let them cool for 30-60 more minutes (banana chips will become crisper as they cool).

12. Pretzel Sticks



Prep time: 10 minutes

Total time: 1 hour

Makes: around 32 pieces

Ingredients:

- 1¾ cups of warm water
- 1 tbsp of sugar
- 1 pkg. of active dry-yeast
- 4 ½ cups of all-purpose flour
- 2 tsp of kosher salt
- Water, at the room temperature
- 1 egg yolk, beaten with 1 tbsp of water
- Sea salt

Directions:

1. Combine water, yeast, sugar, and salt in a huge bowl. Let this mixture sit for 5 minutes or till it starts to foam. Add flour and mix till the whole thing is combined well.
2. Knead dough for around 6 minutes. Place kneaded dough in a vegetable-oil coated bowl, cover it with a plastic wrap and place in a warm location for rising for about 1 hour. It should become double in size.
3. Preheat oven at 350°. Brush a baking sheet using oil and keep aside. Boil a large pot of water.
4. While water is boiling, divide dough into 8 pieces. Cut each piece into 4 pieces; roll them into a stick of 14-inch. Place all sticks on packing sheet. Cover remaining dough.
5. Place pretzels in water for about 30 seconds in batches. Remove them and place them back on baking sheet ½ -inch apart. Brush pretzels with beaten egg yolk; sprinkle them with sea salt.
6. Bake them till golden brown, for about 50 minutes. Transfer them to cooling rack. Store the sticks in airtight container up to 1 week.

13. Cheesy Garlic healthy Popcorn



Prep time: 2 minutes

Total time: 5 minutes

Makes: 3 Servings of 1 cup each

Ingredients:

For Popcorn:

- 2 tbsp of Popcorn Kernels
- Lunch Bag made with Brown Paper

For Topping:

- 1 tbsp of Parmesan Cheese, grated
- ¼ tsp of Sea Salt
- 1 tsp of Extra-Virgin Olive-Oil
- ¼ tsp of dry Rosemary, crushed

- ¼ tsp of Garlic Powder

Directions:

1. Place popcorn into brown bag; fold down top edge over itself for 2-3 times.
2. Place the brown bag in microwave; cook for about 2-3 minutes.
3. Carefully listen; remove the brown bag as the popcorn begins to pop slowly or stop popping.

14. Sweet Potato Microwave Chips



Prep time: 5 minutes

Total time: 10 minutes

Makes: 3 Servings

Ingredients:

- Canola Oil Cooking Spray
- 2 Sweet Potatoes
- Salt, to taste (optional)

Directions:

1. Wash and peel sweet potatoes.
2. Cut sweet potatoes into even sized slices.
3. Line the removable microwave-safe plate with a parchment paper.
4. Arrange potato slices over parchment paper, lightly spray them with cooking spray; sprinkle with salt, if you want.

5. Microwave them for about 4 - 5 minutes, depending on thickness of slices.
6. Once prepared let them cool for a minimum of 30 seconds for extra crispiness.

15. Rice Crisp Treats



Prep time: 5 minutes

Total time: 5 minutes + 45 minutes cooling time

Makes: 16 bars

Ingredients:

- $\frac{2}{3}$ cup of brown-rice syrup
- $\frac{1}{4}$ cup of coconut oil
- $\frac{1}{4}$ tsp of sea salt
- 1 tsp of vanilla extract
- 4 cups of brown-rice crisp cereal

Directions:

1. Combine brown-rice syrup and coconut oil in the saucepan on medium heat; bring it to rolling boil. Boil it for a minute and remove it from heat; stir salt and vanilla extract. Pour cereal in a mixing bowl; stir oil and syrup mixture till cereal is coated well.

2. Spread coated cereal in parchment paper lined baking sheet. Use an extra parchment paper piece over top of cereal and press firmly to tightly pack cereal into bottom of pan.
3. Place bars into freezer for cooling for about 45 minutes and remove pan; cool the bars to the room temperature. Cut and serve!
4. Store the leftover bars in sealed container in refrigerator.

16. Cornbread and Blueberry Muffins



Prep Time: 10 minutes

Total Time: 28 minutes

Makes: 12 muffins

Ingredients:

- Non-stick cooking spray
- $\frac{1}{4}$ cup of butter
- $\frac{1}{2}$ cup of all-purpose flour
- $\frac{3}{4}$ cup of cornmeal
- $1\frac{1}{2}$ tsp of baking powder
- Zest from 1 lemon
- $\frac{1}{2}$ cup of Greek yogurt, plain
- $\frac{1}{2}$ tsp of salt
- $\frac{1}{2}$ cup of honey
- 1 tsp of lemon extract

- 2 eggs
- $\frac{3}{4}$ cup (5 oz) of fresh blueberries

Directions:

1. Preheat oven at 375°F. Coat the muffin tin using non-stick cooking spray. Melt butter in microwave or over stovetop in a saucepan and keep aside for cooling.
2. Whisk all-purpose flour, cornmeal, baking powder, lemon zest, and salt together in a bowl.
3. Whisk together yogurt, eggs, honey, lemon extract, and butter in another bowl. Slowly stir in flour mixture till all the ingredients are well combined. Fold in blueberries.
4. Fill batter in muffin tin up to $\frac{2}{3}$ full. Bake them in oven for about 15-18 minutes, or till toothpick inserted withdraws cleanly. Transfer muffins to wire rack for cooling.

17. Roasted Chickpeas



Prep Time: 5 minutes

Total Time: 1 hour and 5 minutes

Makes: 4 servings

Ingredients:

- 2 tbsp of olive oil
- 2 cans of chickpeas (garbanzo beans) or 4 cups of cooked chickpeas from dry beans
- Desired seasonings (see below for seasoning suggestions)

Directions:

1. Preheat the oven at 375 degrees.
2. Prepare beans to roast by draining, cleaning them and letting dry on paper towel till excess moisture is almost absorbed. Spread them on a parchment paper lined baking sheet. Roast chickpeas in oven for about 45-60 minutes or till beans become crunchy throughout.
3. Toss them immediately (While beans are hot still) with seasonings and olive oil. Serve the chickpeas hot. Store them in an airtight container up to 4 days.

Seasoning Suggestions:

1. Sesame Soy- 1 tsp of sesame oil, 1 tbsp of sesame seeds, $\frac{1}{2}$ tsp of sea salt, 1 tsp of garlic powder
2. Honey Cinnamon- 1 tsp of cinnamon, $\frac{1}{4}$ tsp of sea salt, a pinch of nutmeg, 2 tbsp of honey
3. Garlic Parmesan- $\frac{1}{4}$ cup of parmesan cheese, 1 tsp of garlic powder, $\frac{1}{2}$ tsp of sea salt, $\frac{1}{4}$ tsp of cracked pepper
4. Smoky Spicy Blend- $\frac{1}{2}$ tsp of ancho-chile powder, $\frac{1}{2}$ tsp of garlic powder, $\frac{1}{2}$ tsp of smoked paprika, $\frac{1}{2}$ tsp of cumin, $\frac{1}{2}$ tsp of sea salt, $\frac{1}{4}$ tsp of cracked pepper, pinch of cayenne (optional)

18. Walnuts Dates and Oatmeal Bars



Prep Time: 5 minutes

Total Time: 40 minutes

Makes: 4 servings

Ingredients:

- 1 cup of old-fashioned oats, finely ground
- $\frac{3}{4}$ cup of whole-wheat flour
- 1 $\frac{1}{2}$ tsp of baking powder, 1 $\frac{1}{2}$ tsp of salt
- 1 $\frac{1}{2}$ cups of old-fashioned oats
- $\frac{1}{2}$ tsp of ground cinnamon
- 2 cups of light-brown sugar, packed
- 12 tbsp (1 $\frac{1}{2}$ sticks) of unsalted butter, softened
- $\frac{1}{4}$ tsp of allspice; 3 large eggs
- 1 $\frac{1}{2}$ (5 $\frac{1}{2}$ oz) cups of walnuts, toasted, chopped

- 2 ½ tsp of vanilla extract
- 1 cup (5 oz) of dates, pitted, chopped
- Vegetable-oil cooking-spray

Directions:

1. Preheat the oven at 350 F. Whisk ground oats, 1 cup of whole oats, flour, salt, baking powder, allspice, and cinnamon together in a bowl and keep aside.
2. Beat butter and brown sugar in electric mixer on medium speed until fluffy and pale, for about 5 minutes. Add vanilla and eggs and scrape down the sides of the bowl as required.
3. Reduce the speed to a low. Add oats mixture, dates and walnuts and mix till just combined. .
4. Coat a baking pan using cooking spray. Evenly spread the batter in baking pan. Spread remaining ½ cup of oats over the top. Bake in oven till golden and toothpick inserted into centre withdraws cleanly, for about 35 minutes. Cool it fully in the pan on wire rack and cut it into bars.

19. Avocado and Chocolate Pudding



Prep Time: 10 Minutes

Total Time: 10 minutes

Yields: 2-4 servings

Ingredients:

- 4 ripe avocados
- ¼ cup of coconut milk, light
- 4 tbsp of dark-cocoa powder, unsweetened
- 3 tbsp of honey
- 2 oz of dark chocolate (72% or high), melted
- 2 tsp of vanilla extract
- 1/8 tsp of salt

For topping:

- Coconut whipped-cream, whipped cream, cocoa nibs, sprinkles

Directions:

1. Pit and peel avocados and blend in food processor till mixed and creamy.
2. Add all the remaining ingredients; blend till pureed and scrape down sides as needed.
3. Taste it and additionally season/sweetened, if desired.
4. Blend for 1-2 minutes till completely creamy and serve with the desired toppings.

20. Spicy Roasted Pumpkin Seeds



Prep Time: 5 minutes

Total Time: 25 minutes

Makes: 1 cup

Ingredients:

- 1 cup of pumpkin seeds, washed and dry
- ½ tsp of garlic powder
- ½ tsp of salt
- ¼ tsp of cayenne powder
- ½ oz of olive oil

Directions:

1. Preheat the oven at 375°F.
2. Combine all the ingredients in a medium bowl till seeds are well coated.

3. Spread them evenly on baking tray and bake till they are slightly browned and toasted, for about 15-20 minutes, tossing in middle. Remove them from oven; allow them to cool and serve.

21. No-bake Peanut butter bars



Prep time: 10 minutes

Total Time: 3 hours 10 minutes

Yields: 25 bars

Ingredients:

- 1 ½ cups of peanut butter
- ¾ cup of unsalted butter, softened
- 1 tsp of Vanilla Extract
- 1 cup of Puffed Rice
- 1 ½ cups of Almond Flour
- ¼ cup of M&Ms, crushed
- 1 cup of Pretzels, crushed
- 1 cup of chocolate chips
- 1 tsp of Oil

Directions:

1. Mix peanut butter, butter, almond flour and vanilla extract together using a mixer.
2. Add puffed rice.
3. Line a baking tray using parchment paper. Spread peanut butter mixture in flat layer.
4. Sprinkle crushed pretzels and crushed M&Ms over top of peanut butter mixture. Lay another parchment paper sheet on top. Flatten M&Ms and pretzels pressing with palm and slightly press them into dough.
5. Melt chocolate chips along with oil, either in microwave or using double boiler. Drizzle chocolate over top of dough.
6. Place the tray in fridge for a minimum of 3 hours, or till set. Lift up parchment paper and remove the block. Cut it into squares of 2-inch and serve.

22. Peanut Butter Biscuits



Prep time: 5 minutes

Total Time: 15 minutes

Yields: 6-8 biscuits

Ingredients:

- 1 cup of chunky or smooth peanut butter
- 1 egg
- 1 cup of sugar
- ½ cup of Chocolate chips, (optional)

Directions:

1. Mix all the ingredients in a bowl.
2. Scoop the mixture into small balls; arrange them on ungreased baking tray.
3. Bake them in preheated oven at 400 F for around 10 minutes.
4. Let them cool on wire rack. Dot the cookies with 1 or 2 chocolate chips, if desired and serve.

23. Banana Chocolate Crepes



Prep time: 5 minutes

Total Time: 10 minutes

Yields: 2 servings

Ingredients:

- 1 banana, sliced thinly
- Pat of butter
- 2 flour tortillas
- Handful of chocolate chips
- Powdered sugar, to dust (optional)

Directions:

1. Melt the butter in a non-stick pan.
2. Arrange the banana slices over a tortilla; mash them gently using a fork.
3. Dot it with chocolate chips; place the second tortilla over the top.

4. Slide it into fry pan; cook for 1-2 minutes on both the sides, till golden and brown at edges.
5. Let it cool for 1 or 2 minutes and slice it into wedges.
6. Dust the wedges with sugar powder, if desired and serve.

24. Pita Chips with Homemade Hummus



Prep time: 10 minutes

Total Time: 20 minutes

Yields: 2 servings

Ingredients:

- Whole-wheat pitas, cut into small wedges
- Fresh parmesan cheese, Grated
- Basil or other dry herb (optional)
- 1 can white beans, drained and cleaned
- Salt and pepper, to taste
- Sundried tomatoes paste
- Glug of olive oil

Directions:

1. Cut wheat pitas into small wedges; separate the layers.

2. Spread them over a baking tray, lightly drizzle with olive oil and sprinkle with dry basil and parmesan. Bake them for 8-10 minutes at 400 F, till brown and toasty.
3. In the meanwhile, dump the beans in one bowl, add tomato paste, olive oil and dash of pepper and salt; mash them using potato masher till smooth consistency is attained.
4. Serve this along with pita chips.

25. Juicy Jelly Cubes



Prep time: 10 minutes

Total Time: 13 minutes + 3 hours chilling time

Yields: 10-12 cubes

Ingredients:

- 2 packets of unflavoured gelatine
- 2 cups of grapefruit and grape juice or any other favourite juice
- 1 tbsp of honey or sugar (optional)

Directions:

1. Pour $\frac{1}{2}$ cup juice in one bowl; sprinkle with gelatine on it.
2. While it sits, heat remaining juice in microwave for about 2-3 minutes.
3. Pour the hot juice over gelatine and juice mixture; stir and add additional sugar, if required.
4. Pour the mixture into bottom of loaf pan; chill it for 3 hours, or till firm. Cut it into squares. Pour the mixture into miniature muffin tins to get different shapes.

26. Strawberry flavoured Cheesecake Bites



Prep time: 10 minutes

Total Time: 10 minutes + 30 minutes chilling time

Yields: 3 servings

Ingredients:

- 3 oz of cream cheese, softened
- 3-4 sheets of graham crackers, cut into rectangles
- 3 tbsp of strawberry jam

Directions:

1. Combine cream cheese with jam.
2. Spread a little bit of cream cheese mixture over top of all graham crackers.
3. Either serve right away, or chill them for about 30 minutes. The crackers will become soft and become like cheesecake crust and topping firms up.

Conclusion

What constitutes a Healthy and Good Snack

Think of the snacks like mini meals.

Regularly, feed your children the same type of foods that you would do for breakfast, lunch or dinner, which includes low-fat dairy, sources of lean protein like, whole grains, eggs, vegetables, and fruits.

Healthy snacks provide protein, carbohydrates, fibre, and a little bit of healthy fat. In general, foods that are rich in fibre or protein will help us to stay feeling full for longer, and they are loaded with nutrients that children require to thrive.

This book gives 26 different healthy snack recipe ideas for everyone. Try out these recipes for your family!

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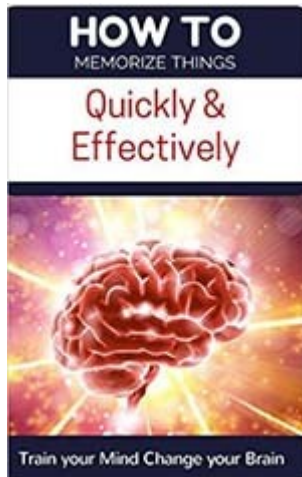
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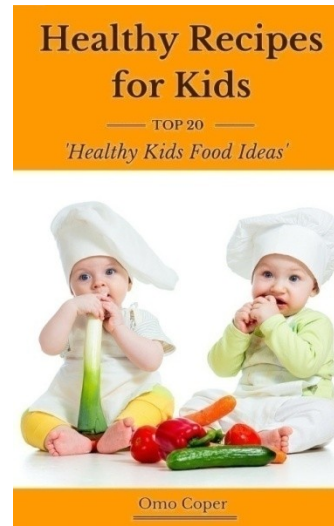
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