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SNACKS



BOOST YOUR ENERGY  
THROUGHOUT THE DAY

# CONTENTS

01 Healthy Snacking

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02 Party Nuts

---

03 Guacamole

---

04 Hummus

---

05 Pesto

06 Chia Pudding

---

07 Chickpea Snacks

---

08 Notes

---

10 For More Info...

---



## HEALTHY SNACKING

Make your food fuel you better by choosing the right snacks to get you by between meals.

Snacking can be a minefield. Most easy options are filled with sugar and refined carbohydrates and leave you wanting more an hour or two later. Choosing snacks which give you a more sustained energy release between meals will help you concentrate better, improve moods, and can assist maintenance of healthy blood glucose levels. Simply put, choosing snacks that are higher in protein, fat or fibre means a longer lasting energy release.

This is because protein, fats and fibre are slower to digest so you're not getting a quick sugar high that brings you crashing back down a little while later.

This booklet provides some easy recipes that can be made days in advance for your working week plus some simple ideas for those days when you're not so prepared.

Gabrielle Newman  
Clinical Nutritionist

2-3 handful portions (GF, Vegan option)

# PARTY NUTS



## Ingredients

- 1 cup walnuts
- 1 cup pecans
- 1 cup almonds
- 1 cup cashews
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/3 cup honey
- 1/4 cup water
- 1 tablespoon butter

### TP:

SWITCH OUT NUTS AND SEEDS AS YOU LIKE -  
JUST KEEP THE PROPORTIONS THE SAME AND  
THE RECIPE WILL WORK

## Variations

- Vegan -
- Switch honey for rice malt or maple syrup, and butter for coconut oil

## Method

1. Preheat oven to 175 degrees C. Line a baking tray with baking paper.
2. Combine walnut halves, pecan halves, almonds, and cashews in a large bowl. Add salt, black pepper, cumin, and cayenne pepper; toss to coat.
3. Heat honey, water, and butter in a small saucepan over medium heat until the butter is melted. Cook for 1 minute and remove from heat. Slowly pour mixture over the bowl of nuts and stir to coat.
4. Transfer nuts to the prepared baking sheet and spread into a single layer.
5. Bake nuts in the preheated oven for 10 minutes. Stir nuts until the syrup coats every nut. Spread into a single layer, return to the oven, and bake until nuts are sticky and roasted, about 5 minutes. Allow to cool before eating.

approx. 3 portions (Vegan, GF)

# GUACAMOLE



## Ingredients

- 1 ripe avocado
- 3-4 cherry tomatoes
- lemon/lime juice (depends on size)
- salt and pepper to taste
- 1/2 red chilli (optional)
- 1/2 small bunch coriander

Seedy crackers or vege sticks to serve

## Method

1. Cut up the cherry tomatoes.
2. Scrape out the avocado into a bowl and mash with a fork.
- 3 Add the tomato, chilli, a good squeeze of lemon juice and a pinch of salt and pepper. Mash together.
4. Taste guacamole and add more lemon/salt/pepper as needed. Stir through coriander and serve with seedy crackers or vege sticks

## Variations

- Coriander hater -  
Leave it out - it will still be delish!

- Less spicy -  
Leave out the chilli.

## TIP:

THESE WILL KEEP IN THE FRIDGE FOR A FEW DAYS AND  
CAN MAKE A GOOD SNACK

approx. 5 portions (GF, vegan)

# HUMMUS



## Ingredients

1 can chickpeas - drained  
1 clove of garlic (or garlic oil)  
1 tablespoon tahini  
2 tablespoon olive oil  
Lemon juice  
Pinch of salt and pepper

Seedy crackers or vege sticks to serve

## Method

1. Add all ingredients to a blender and blitz until smooth. Taste and add more lemon/salt/pepper to suit your tastebuds.

## Variations

- Roast vege hummus -  
Add leftover roast pumpkin or sweet potato (1/2 cup)

- No chickpeas -  
Switch out your legume for black beans or cannellini.

- Spicy -  
Add 1 tsp paprika and 1/2 tsp of chilli for a smoky, spicy flavour

- Purple -  
Add 1/2 cup cooked beetroot

## TIP :

MAKE A BATCH AT THE START OF THE WEEK AND PORTION INTO SMALLER CONTAINERS TO TAKE FOR SNACKS THROUGHOUT THE WEEK. WILL KEEP IN FRIDGE FOR A WEEK OR SO.



## Ingredients

- 1 bunch basil
- 1 cup spinach
- 1/2 cup pine nuts
- 1/2 cup walnuts
- 2 cloves garlic
- 2-3 tbsp Olive oil
- 1/2 cup shaved parmesan
- Juice of half a lemon
- Pinch of salt (optional)

## Method

1. Throw the pine nuts, walnuts, garlic, lemon juice into a blender and blitz.
2. Scrape down the sides of the blender and add basil, spinach, parmesan, salt and olive oil – blitz. If it gets sticky or won't blend add a splash of water to loosen it.
3. Serve with vege sticks, seedy crackers.

## Variations

- Vegan -

Leave out the parmesan, though may need to add a few more nuts and salt for flavour

- Other uses -

- \*Add to salads as a punchy dressing
- \*Add to wholemeal pasta with roasted vegetables
- \*Spread on toast and top with tomato, poached eggs and extra greens

### TIP:

ANOTHER DIP THAT WILL LAST FOR A GOOD WEEK OR SO IN AN AIRTIGHT CONTAINER IN THE FRIDGE.



## Ingredients

1 cup of preferred milk  
1/4 cup chia seeds  
1 tablespoon maple syrup/honey  
1/2 tsp vanilla

## Method

1. Whisk all ingredients together and let it set in the fridge overnight. Blend if a smoother consistency is preferred.

## Variations

- Flavours -

Chocolate - add 2 tsp cacao

PB & J - add 1 tbsp peanut butter and 3 mashed strawberries

Pineapple - in a blender, blitz 1/2 cup pineapple with the liquid - follow method

Blueberry - mash 1/2 cup of blueberries and add to the mix

## TIP:

MAKE YOUR CHIA PUDDS THE NIGHT BEFORE (WHILE YOU'RE MAKING DINNER IS USUALLY EASIEST), STORE IT IN THE FRIDGE AND GRAB IT ON YOUR WAY OUT THE DOOR IN THE MORNING FOR A TASTY MORNING SNACK

approx. 2 portions (GF, Vegan)

# CHICKPEA SNACKS



## Ingredients

400g tin of chickpeas (drained)  
1 tablespoon olive oil  
1 tablespoon garam masala  
1 teaspoon salt

## Method

1. Preheat oven to 180C.
2. Pat dry the chickpeas then mix all ingredients together and bake for 45 minutes.
3. Will keep in an airtight container for about a week.

## Variations

- Mix it up -  
This would work with most tinned white beans.

TIP:

KEEP IN AN AIRTIGHT CONTAINER IN YOUR DESK DRAWER  
FOR WHEN YOU NEED A LITTLE ENERGY KICK

# NOTES

A few other resources to inspire your snacks:

Websites

- Wholefood Simply - <https://wholefoodsimply.com/category/all/sweet-snacks/>
- Jamie Oliver - <https://www.jamieoliver.com/recipes/category/course/healthy-snack-ideas/>
- Taste.com - <https://www.taste.com.au/recipes/collections/healthy-snack-recipes>

Books

- Sarah Wilson - *Simplicious*
- Lola Berry - *20/20 Diet*
- Julie Morris - *Superfood Snacks*

## SOME OTHER SNACK IDEAS

- 1 or 2 boiled eggs (boil up half a dozen at the start of the week)
- 1/2 cup Natural/Greek yoghurt topped with a sprinkle of nuts or seeds (about a handful) or LSA and fruit
- 2-3 handfuls of trail mix
- One piece of fresh, seasonal fruit with nut butter (try 100% peanut or almond), sprinkle with cinnamon if you've got sugar cravings
- Two brown rice cakes topped with 1-2 tsp cottage cheese and slices of tomato and cracked pepper or some avocado
- 1-2 cups of popcorn, lightly salted – air popped (or pop it yourself, NOT microwave popcorn!)
- 1 small can of tuna on 3 whole wheat/seedy crackers (like Ryvita)
- small smoothie (halve the recipes in my Breakfast E-Book)

# NOTES

USE THIS SPACE TO WRITE UP A MEAL PLAN  
INCORPORATING SOME NEW SNACK IDEAS

# FOR MORE INFORMATION

Thank you for reading and enjoying this booklet on healthy snacks. All recipes are devised, trialled and tested by Gabrielle Newman.

If you'd like any further information or to book in for a consultation you can contact Gabrielle via her website: [www.gabriellenewman.com.au](http://www.gabriellenewman.com.au)

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