

MAKE-AHEAD SNACKS



ROASTED CHICKPEAS

EXCELLENT SOURCE OF PLANT-BASED PROTEIN

NUTRITIONAL INFORMATION

Calories 179; Fat 6g; Saturated Fat 1g; Carbohydrates 25g; Sodium 262mg; Fiber 7g; Protein 8g

ENERGY BALLS

GOOD SOURCE OF FIBER AND HEALTHY FATS

NUTRITIONAL INFORMATION

Calories 97; Fat 6g; Saturated Fat 1g; Sodium 53mg; Carbohydrate 7g; Fiber 2g; Protein 3g

BERRY YOGURT DIP

GOOD SOURCE OF PROTEIN AND CALCIUM

NUTRITIONAL INFORMATION:

Calories 90; Fat 1g; Carbohydrates 15g; Sodium 35mg; Fiber 1g; Protein 6g; Cholesterol 8mg

ROASTED CHICKPEAS – SERVES 4

INGREDIENTS:

1 (15-ounce) can chickpeas, rinsed and drained
1 tablespoon olive oil
1 teaspoon kosher salt
2-4 teaspoons of additional spices or chopped fresh herbs for toppings, such as cinnamon sugar, smoked paprika, za'atar, fresh rosemary, or parsley and parmesan cheese

PREPARATION:

1. Preheat oven to 400°F.
2. Spread the rinsed chickpeas out on to a sheet pan lined with paper towel. Cover with additional layers of paper towel and allow to dry at least 5-10 minutes until the chickpeas are dry to the touch (the drier your chickpeas are, the crisper they will be).
3. Spread the chickpeas on to another sheet pan lined with parchment paper. Drizzle the oil over the chickpeas and sprinkle salt on top. Stir the chickpeas on the pan to combine and coat with the oil.
4. Roast the chickpeas 20-30 minutes, stirring or shaking the pan every 10 minutes. Chickpeas are done when they are golden and crispy.
5. Transfer the warm chickpeas to a bowl and toss with any additional seasoning blend.
6. Store up to 3 days in an airtight container.

ENERGY BALLS – MAKES 12 BALLS

INGREDIENTS:

½ cup old fashioned rolled oats
1 Tablespoon flaxseed
1 Tablespoon chia seeds
1 Tablespoon hemp seeds
2 tablespoons dried cranberries
2 tablespoons mini dark chocolate morsels
Pinch of sea salt
½ cup sunflower seed butter (or any nut butter)
1 Tablespoon maple syrup

PREPARATION:

1. In a large mixing bowl, mix the oats, flaxseed, chia seeds, hemp seeds, dried cranberries, chocolate chips, and sea salt.
2. Add the sunflower seed butter and maple syrup. Mix gently with a spoon or your hands to incorporate all ingredients.
3. Roll the mixture into 1-inch balls (about the size of a ping pong ball). Enjoy immediately or allow to chill for a minimum of one hour before serving.
4. Keep covered in the fridge up to one week.

BERRY YOGURT DIP – SERVES 4

INGREDIENTS:

1 cup plain low-fat or nonfat Greek yogurt
1 ½ tablespoons honey
1 cup fresh berries (blueberries, strawberries, raspberries, or a mix)
½ teaspoon vanilla extract
Fruit for dipping



PREPARATION:

1. Combine the yogurt, honey, berries, and vanilla extract in a food processor or blender. Blend until smooth.
2. Store in an airtight container up to 5 days. Serve with fruit.

EQUIPMENT NEEDED

- 1-2 baking sheets
- 1 large mixing bowl
- Blender or food processor

INGREDIENTS

Produce

- 1 cup fresh berries (blueberries, strawberries, raspberries, or a mix)
- Additional fruit for dipping

Dairy

- 1 cup plain low-fat or nonfat Greek yogurt

Baking, Canned, and Non-perishables

- 1 (15-ounce) can chickpeas, rinsed and drained
- ½ cup old-fashioned oats
- 1 tablespoon flaxseed
- 1 tablespoon chia seeds
- 1 tablespoon hemp seeds
- 2 tablespoons dried cranberries
- 2 tablespoons mini dark chocolate morsels
- ½ cup sunflower seed butter (or any nut butter)
- 1 tablespoon maple syrup
- 1 ½ tablespoons honey
- ½ teaspoon vanilla extract
- 1 tablespoon olive oil
- Salt

MISE EN PLACE

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.

PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe

ROASTED CHICKPEAS:

Dry the chickpeas at least 15 minutes by spreading out on a baking sheet lined with a paper towel

ENERGY BALLS:

N/A

BERRY YOGURT DIP:

N/A

