



**Natalia García**

Functional Nutrition & Wellness

# Life Saving Snacks On-The-Go

## Fruits

Examples of fruits that can be used as a snack include (but not limited to):

- Apple
- Pear
- 1 cup of cantaloupe
- 1 cup of berries
- Orange
- Banana
- 1 cup pineapple

## Bars

Avoid peanuts and anything with over 10 grams of added sugar.



12g protein  
4g fiber



10g protein  
2g fiber





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## Make ahead/plan ahead/have ahead

- 20 baby carrots + single pack avocado/guacamole (120 calories)
- 1 apple or banana with 2 T almond or sunflower seed butter
- 20 baby carrots with 2 T sunflower butter
- 2 boiled eggs + 1 single serve avocado + baby carrots
- ¼ cup pumpkin seeds + 1 apple + 1 kiwi
- Natalia's banana chocolate chia seed pudding (see recipe)
- Natalia's Roasted chickpeas (see recipe)
- Natalia's flax muffin in a mug (see recipe)
- Natalia's energy protein bites (see recipe)





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## Natalia's Banana Chocolate Chia Seed Pudding

8	480	452
Ingredients	Minutes	Calories
Prep	Cook	Servings
8 h	0 min	7



### Ingredients

- 2 cup Chia seeds, ground
- 1 can (13.5oz) Coconut milk, reduced fat
- 1 tbsp Cacao powder, raw (or more, to taste)
- 4 tbsp Dried goji berries
- 5 scoop Whey protein powder, chocolate
- 4 medium Banana (s)
- 2 packette Stevia sweetener, powder
- 1 cup Almond milk, unsweetened

### Instructions

1. Add the chia seeds, coconut milk, and cacao powder (add more if you want it more chocolatey) to a bowl and mix with an immersion blender or blender. Divide into mason jars or containers evenly.
2. Screw the cover on the mason jar and shake vigorously until combined. Then, place jars in the refrigerator until thick (overnight is best).
3. Top with goji berries and serve.





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## Natalia's Roasted Chickpeas

6	65	180
Ingredients	Minutes	Calories
Prep	Cook	Servings
5 min	1 h	4



### Ingredients

- 1 can (15oz) Chickpeas, drained
- 2 tbsp White wine vinegar
- 1 tbsp Olive Oil, Extra Virgin
- 1 tsp Dijon mustard
- 1 pinch Sea Salt (to taste)
- 2 tbsp Turmeric, powder

### Instructions

1. Preheat oven to 400oF (200oC).
2. Drain and rinse chick peas.
3. Toss chick peas with vinegar, olive oil, and mustard, mixing thoroughly.
4. Spread mixture onto cookie sheet and sprinkle with sea salt.
5. Bake for 1 hour, toss about every 10 minutes to ensure even cooking.
6. Serve warm or cool.



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## Natalia's Chocolate Nut Butter Chia Balls

7	35	448
Ingredients	Minutes	Calories
Prep	Cook	Servings
5 min	30 min	10



### Ingredients

- 1/2 cup Chia seeds
- 1 1/2 cup Almond butter (or any other nut or seed butter)
- 2 tbsp Maple syrup
- 1 tbsp Cocoa powder, unsweetened
- 1 cup Amaranth, puffed
- 1/2 cup Flaxseed meal (ground)
- 1 cup Coconut flakes, unsweetened

### Instructions

1. Add all of the ingredients to a large bowl and thoroughly mix to combine.
2. Refrigerate for 30 minutes.
3. Roll into 1 inch balls with your hands. Keep in an airtight container in the fridge.





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## Natalia's Flax Muffin in a Mug

7	65	398
Ingredients	Minutes	Calories
Prep	Cook	Servings
5 min	15 min	1



### Ingredients

- 1 Large Egg
- 3 tbsp ground, Flaxseed, golden
- 2 tablespoons Chia seeds
- 1 medium Banana, chopped
- ½ teaspoon baking powder
- 1 packet stevia
- 1 tablespoon cinnamon or spice of your choice

### Instructions

1. in a mug of small bowl, whisk the egg with a fork. Add ground flax, chia, baking powder, stevia, and spices and mix well until all ingredients are moistened.
2. Add fruit and mix.
3. Cook in microwave on high for 3 minutes.
4. Let cool slightly, and remove muffin by using a knife to loosen the muffin from the sides, and the invert mug.
5. Cut in half before eating

