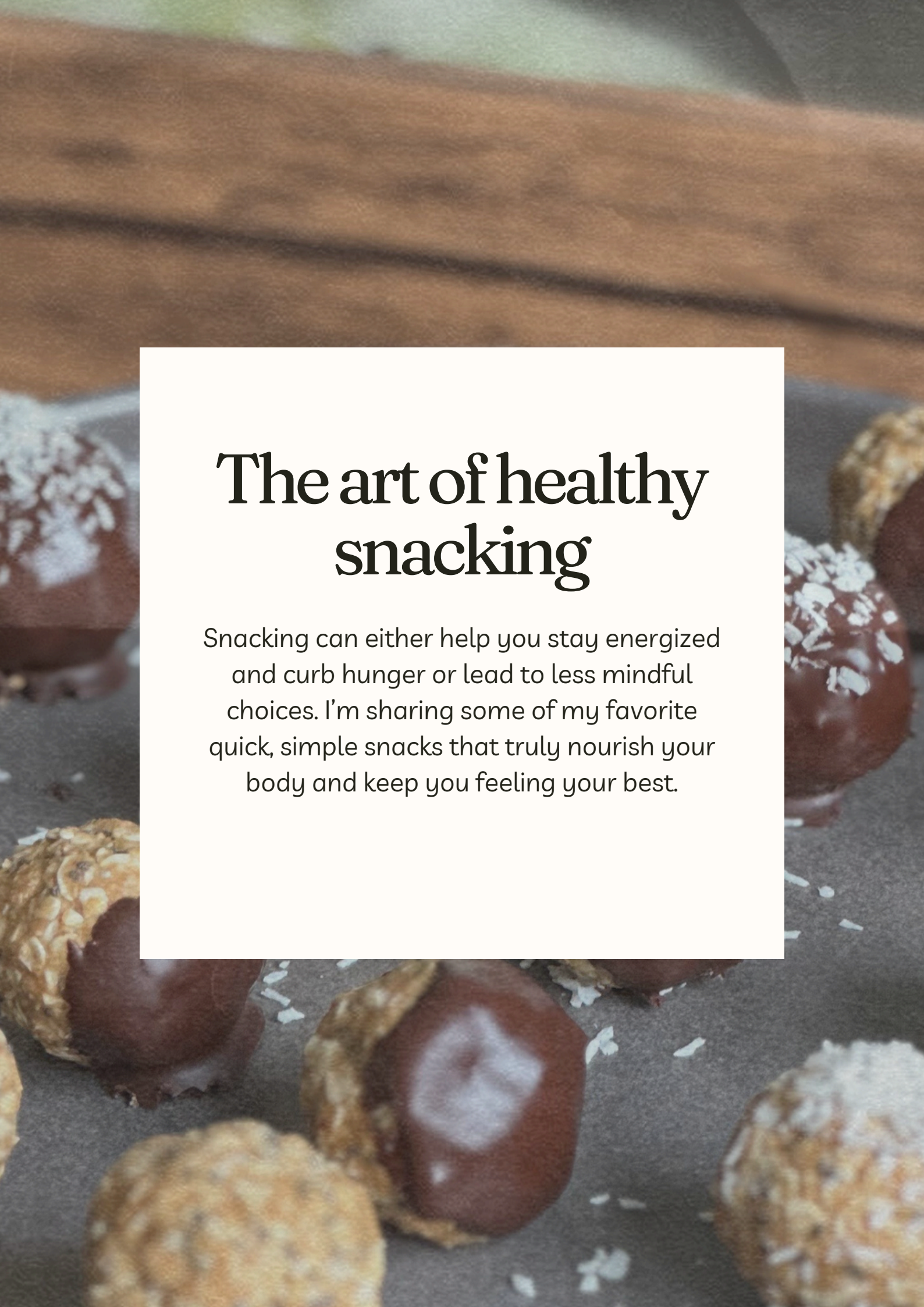


The background of the image features a close-up of a cinnamon stick at the top, slightly out of focus. Below it, on a dark, textured surface, are several round snacks. Some are coated in dark chocolate and topped with white coconut flakes, while others are made of rolled oats. The lighting is soft, highlighting the textures of the ingredients.

The art of healthy snacking

Snacking can either help you stay energized and curb hunger or lead to less mindful choices. I'm sharing some of my favorite quick, simple snacks that truly nourish your body and keep you feeling your best.

BALANCED SNACKING:

A Key to Sustained Energy

Snacking can be a smart way to maintain energy levels between meals and prevent overeating during your main meals. The key to successful snacking lies in balance. Consider the following principles for balanced snacking:



- **Combine Macronutrients:** Include a source of protein, carbohydrates, and healthy fats in your snack to provide a balanced mix of nutrients. For example, pair apple slices with peanut butter for a satisfying and balanced snack.
- **Stay Present:** Take a mindful moment while snacking—sit down, slow down, and really enjoy the flavours and textures. This helps you feel more satisfied and connected to your food.
- **Whole Foods:** Choose whole foods whenever possible. Whole fruits, vegetables, nuts, and yogurt are excellent options for nutritious snacks.
- **Nutrient Density:** Opt for snacks that are nutrient-dense, providing vitamins, minerals, and fiber. These snacks not only satisfy hunger but also support overall health.



In the next slides I will share few of my go to sweet & savoury snack recipes

CRISP CUCUMBER WITH ZESTY SHRIMP AND AVOCADO

These bites are low-carb, gluten-free, and nutrient-rich, making them a perfect wellness-friendly appetiser or snack that balances flavour and nourishment.



Instructions:

1. Prepare the Shrimp
2. Heat olive oil in a skillet over medium heat.
3. Toss shrimp with paprika, garlic powder, lime juice, salt, and pepper.
4. Cook 2–3 minutes per side until pink and slightly crispy. Set aside.
5. Make the Avocado Mash
6. In a small bowl, mash avocado with a squeeze of lime juice, salt, and pepper.
7. Stir in half of the diced red onion for crunch and flavour.
8. Assemble the Bites
9. Lay cucumber slices on a platter.
10. Top each with a spoonful of avocado mash.
11. Place one shrimp on top.
12. Garnish with remaining onion and fresh coriander.

Ingredients:

- 12 medium shrimp, peeled & deveined
- 1 tbsp olive oil
- ½ tsp paprika
- ½ tsp garlic powder
- Juice of ½ lime
- Pinch of sea salt & black pepper
- 1 large ripe avocado
- ½ small red onion, finely diced
- 1 tbsp fresh coriander (cilantro), chopped
- 1 medium cucumber, sliced into 12 thick rounds



CHANA CHAAT

This bowl is rich in plant-based protein, fibre, antioxidants, and gut-loving spices – making it a satisfying, nourishing, and flavour-packed snack or light meal.

- **Ingredients:**
- **1 cup roasted chickpeas (crispy, spiced)**
- **1 cucumber – diced**
- **1–2 tomatoes – diced**
- **2 tbsp fresh coconut – finely chopped (or grated)**
- **½ cup pomegranate seeds**
- **1 small red onion – finely chopped (optional for extra crunch)**
- **Fresh coriander – chopped, for garnish**
- **Juice of 1 lemon**
- **2 tbsp tamarind sauce (homemade or store-bought)**
- **1 tsp chaat masala**
- **Pinch of salt (to taste)**
- **In a large bowl, combine roasted chickpeas, cucumber, tomatoes, onion (if using), coconut, and pomegranate.**
- **Drizzle with lemon juice and tamarind sauce.**
- **Sprinkle chaat masala and a little salt.**
- **Toss gently until everything is coated.**
- **Garnish with fresh coriander and serve immediately for the best crunch.**



CRUNCHY CARROTS WITH MOZZARELLA

Oven-roasted carrots with melty mozzarella – a simple yet nourishing dish packed with fibre, protein, and flavour. Perfect as a wholesome side or a light bite that feels both comforting and energising.



- Cut carrots 5 in 3 cm chunks (washed and peeled)
- Season with salt, pepper, paprika, crushed garlic, 2 tablespoons of soya sauce, 2 tablespoons of honey
- Roast in oven (180degrees) for 15 min
- Top it with mozzarella cheese



DARK CHOCOLATE BARK (15 servings)

This dark chocolate bark is more than just a treat—it's a nutrient-dense snack that combines indulgence with health benefits: Dark Chocolate (70% or higher): Rich in antioxidants, particularly flavonoids. Nuts & Seeds (pistachios, almonds, pumpkin seeds): A source of healthy fats, plant-based protein, and minerals like magnesium, zinc, and vitamin E—important for energy, skin health, and immune function.

Preparation time: 10 minutes, plus 2 hours cooling time

Ingredients (Makes 15 servings)

- **150g high quality dark chocolate**
- **30g pistachio nuts**
- **30g pistachio nuts**
- **30g blanched almonds**
- **30g pumpkin seeds**
- **30g dried cranberries**
- **30g dried goji berries**
- **15 g dates**
- **2 tbsp peanut butter**

Melt dark chocolate, spread it over baking sheet add all other ingredients on top and leave it in the fridge for 2 hours



CHEESECAKE BITES

These cheesecake bites are portion-friendly, protein-rich, and lower in sugar, making them a balanced treat that satisfies cravings while still nourishing the body.



Ingredients:

- * 300 g cottage cheese
- * 100 g natural yogurt
- * 10 g gelatin + 100 ml water
- * Stevia or another sweetener
- * Strawberries
- * 150 g dark chocolate
- * 1 teaspoon coconut oil

Instructions:

1. Mix the gelatin with water and dissolve it over low heat.
2. Melt the chocolate together with the coconut oil.
3. Brush silicone muffin molds with the melted chocolate and place them in the refrigerator to set.
4. Place one strawberry in each mold.
5. Blend the cottage cheese, yogurt, gelatin, and stevia until smooth.
6. Pour the mixture over the chocolate layer in the molds.
7. Place in the refrigerator to set.
8. Once set, spread a layer of chocolate on top of the filling and return to the refrigerator until fully firm.



PEANUT BUTTER ENERGY BALLS

These no-bake oat & peanut butter balls are the perfect blend of protein, fibre, and healthy fats – keeping blood sugar stable, curbing cravings, and giving you lasting energy. A simple treat that fuels both body and mind, without refined sugar or unnecessary additives

- **Ingredients:**

- Oats - 1 cup
- Peanut butter - 1 cup (I chose crunchy)
- Maple syrup or honey - 1 spoon
- Chia seeds - 2 spoons
- Shredded coconut - only for dipping, as required
- Dark chocolate- I'm using 100% dark chocolate, but you can use anything from 70%

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- **Instructions:**

- Combine oats, peanut butter, maple syrup and chia seeds to a bowl, stir it until well combined.
- Chill in the fridge for one hour.
- Once done chilling roll into approximately 1 inch balls.
- Dip in chocolate and some in shredded coconut.
- Refrigerate for 1 hour, can keep in the fridge for one week



DATES AND PEANUT BUTTER BITES

These bites are a powerhouse of natural sweetness, fibre, magnesium, and healthy fats – the perfect balance to support energy, satiety, and curb sugar cravings in a nourishing way.

- **Ingredients:**

- Medjool dates – 10 (pitted)
- Peanut butter – 5–6 tbsp (natural, no added sugar)
- Dark chocolate – 80–100 g (I recommend 70–100%)
- Crushed nuts (almonds, hazelnuts, or walnuts) – 2–3 tbsp
- Pinch of sea salt (optional)

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- **Instructions:**

- Slice dates open and remove the pits (if not already pitted).
- Fill each date with a spoonful of peanut butter.
- Melt dark chocolate in a heatproof bowl over simmering water (or gently in the microwave).
- Dip or drizzle the stuffed dates with melted chocolate.
- Sprinkle crushed nuts and a pinch of sea salt on top.
- Place on a tray lined with parchment paper and refrigerate for 30–60 minutes until set.



EFFORTLESS SMART SNACKING

Some of the best snacks don't even need a recipe – just whole, real foods you can grab anytime: fresh fruit, a handful of nuts, veggie sticks with hummus, or dark chocolate squares. Quick, nourishing, and fuss-free.

1

Fresh fruit with nut butter

2

Veggie sticks with hummus

3

Greek yogurt with berries and a sprinkle of granola

4

Hard-boiled eggs

5

Handful of mixed nuts and dried fruit

6

Whole grain crackers with cheese

7

Edamame

8

Air-popped popcorn

9

Apple slices with cinnamon

10

Roasted chickpeas