

## Healthy Snack Recipes!

Created by Dr Cobi Slater



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**Please enjoy these healthy snack options!**

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Blessings and good health,

*Dr Cobi*

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# Healthy Snack Recipes!

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	Chocolate Strawberry Chia Pudding	Coconut Mug Cake	Dark Chocolate Almond Fat Bombs	Warm Apples with Almond Butter	Apple Dips	Banana Sushi	Dark Chocolate Granola Bites
Snack 2	Creamy Apple Pie Smoothie	Coconut Macaroons	Raspberry Avocado Ice Cream	Vanilla Coconut Cups	Chocolate Coconut Peanut Butter Bites	Coconut Chia Pudding	Grilled Fruit Medley

# Healthy Snack Recipes!

43 items

## Fruits

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- 3 Apple
- 1 Avocado
- 3 Banana
- 1 1/2 cups Blueberries
- 1/4 Lime
- 1 Nectarine
- 2 cups Pineapple
- 1 1/2 cups Raspberries
- 3 cups Strawberries

## Breakfast

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- 1/2 cup All Natural Peanut Butter
- 3/4 cup Almond Butter
- 1 cup Maple Syrup

## Seeds, Nuts & Spices

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- 1 cup Chia Seeds
- 2 1/2 tsps Cinnamon
- 1/4 cup Hemp Seeds
- 1/8 tsp Sea Salt
- 1/4 cup Whole Flax Seeds

## Boxed & Canned

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- 2 1/3 cups Canned Coconut Milk

## Baking

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- 1 1/2 tsps Almond Flour
- 1/4 tsp Baking Powder
- 2/3 cup Cocoa Powder
- 1 tbsp Coconut Flour
- 5 1/16 ozs Dark Chocolate
- 1/4 oz Gelatin
- 1/2 tsp Honey
- 1 tbsp Monk Fruit Sweetener
- 1 1/8 cups Oats
- 1/4 cup Raisins
- 1/8 tsp Stevia Powder
- 3/4 cup Unsweetened Coconut Flakes
- 3 1/16 cups Unsweetened Shredded Coconut
- 2 1/2 tsps Vanilla Extract

## Condiments & Oils

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- 1/2 cup Coconut Oil
- 1 cup Sunflower Seed Butter

## Cold

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- 4 Egg
- 2 cups Plain Coconut Milk
- 1/2 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk

## Other

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- 12 Barbecue Skewers
- 1/2 cup Chocolate Protein Powder
- 4 Ice Cubes
- 2 tsps Vanilla Protein Powder
- 3/4 cup Water

# Chocolate Strawberry Chia Pudding

4 ingredients · 30 minutes · 4 servings



## Directions

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1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### No Protein Powder

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

### Likes it Sweet

Add a drizzle of maple syrup or honey.

### Likes it Thicker

Use full fat coconut milk instead.

### Additional Toppings

Add granola or cacao nibs on top for crunch.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

## Ingredients

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- 1/2 cup** Chia Seeds
- 2 cups** Plain Coconut Milk (unsweetened, from the carton)
- 1/2 cup** Chocolate Protein Powder
- 2 cups** Strawberries (halved)

# Coconut Mug Cake

7 ingredients · 5 minutes · 1 serving



## Directions

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1. In a mug combine the melted coconut oil and coconut milk then stir in the monk fruit sweetener. Add the almond flour, coconut flour, coconut, and baking powder and stir until a thick batter forms.
2. Microwave for 90 seconds until the cake is spongy and cooked through. Allow the cake to cool slightly and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### More Flavor

Add vanilla extract, coconut extract, or lemon extract.

### Additional Toppings

More shredded coconut or coconut whipped cream.

### No Monk Fruit Sweetener

Use another granulated sugar or sugar alternative.

## Ingredients

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- 1 1/2 **tsps** Coconut Oil (melted)
- 3 **tbsps** Canned Coconut Milk (full fat)
- 1 **tbsp** Monk Fruit Sweetener
- 1 1/2 **tbsps** Almond Flour
- 1 **tbsp** Coconut Flour
- 1 **tbsp** Unsweetened Shredded Coconut
- 1/4 **tsp** Baking Powder



# Dark Chocolate Almond Fat Bombs

5 ingredients · 50 minutes · 8 servings



## Directions

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1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
3. Add the almond butter and coconut oil to the double boiler and allow them to melt. Stir to combine. Stir in the cocoa powder.
4. In a small bowl combine the vanilla and stevia powder and stir until the stevia has fully dissolved. Add the sweetened vanilla extract to the almond butter mixture and stir well to combine.
5. Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!

## Notes

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### Leftovers

Freeze for up to one month. Fat bombs will melt at room temperature.

### Serving Size

One serving is equal to one fat bomb.

### More Flavor

Adjust stevia and salt to taste. Add a pinch of sea salt.

### No Almond Butter

Use another nut or seed butter instead.

### No Stevia Powder

Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated) to taste.

## Ingredients

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- 1/2 cup** Almond Butter
- 1/4 cup** Coconut Oil
- 2 1/2 tbsps** Cocoa Powder
- 1 tsp** Vanilla Extract
- 1/8 tsp** Stevia Powder

**No Paper Baking Cups**  
Use a silicone mold instead.



# Warm Apples with Almond Butter

4 ingredients · 15 minutes · 1 serving



## Directions

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1. Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
2. Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

## Notes

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### Nut-Free

Use sunflower seed butter instead of almond butter.

### No Apples

Use pears or plantains instead.

## Ingredients

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- 1 tsp Coconut Oil
- 1 Apple (diced)
- 1/2 tsp Cinnamon (ground)
- 2 tbsps Almond Butter

# Apple Dips

5 ingredients · 15 minutes · 2 servings



## Directions

1. Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
2. Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
3. Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

## Notes

### Kid-Friendly

Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

### Make it Sweeter

Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

### No Coconut

Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

### No Yogurt

Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.

## Ingredients

- 1/2 cup Plain Greek Yogurt
- 2 tbsps Unsweetened Shredded Coconut
- 2 tbsps Hemp Seeds
- 1/4 tsp Cinnamon
- 1 Apple (sliced)

# Banana Sushi

3 ingredients · 5 minutes · 2 servings



## Directions

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1. Spread almond butter onto banana.
2. Sprinkle hemp seeds over top.
3. Slice and enjoy!

## Notes

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### No Hemp Seeds

Use sunflower seeds instead.

## Ingredients

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- 2 Banana (peeled)
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds



# Dark Chocolate Granola Bites

9 ingredients · 20 minutes · 18 servings



## Directions

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1. Preheat the oven to 350°F (176°C).
2. In a large mixing bowl, combine the maple syrup and sunflower seed butter. Fold in the remaining ingredients with a spatula until thoroughly combined.
3. Add the granola mixture to each mold of a silicone or parchment-lined mini muffin tray. Use your fingers or the back of a spoon to pack the mixture down firmly.
4. Bake for 10 to 15 minutes or until golden brown. Let cool before removing the granola bites from the muffin tray. Enjoy!

## Notes

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### Leftovers

Freeze in an airtight container or bag for up to three months.

### Serving Size

One serving is two mini muffin-sized granola bites.

### No Sunflower Seed Butter

Use almond butter, tahini or peanut butter.

### No Maple Syrup

Use raw honey instead.

### Enjoy it Raw

Roll into balls or press firmly into a parchment-lined baking tray. Freeze for at least one hour before enjoying it. Cut into slices if using a tray.

### No Mini Muffin Tray

Use a regular muffin tray or a baking pan and adjust cooking time as needed.

## Ingredients

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**1/2 cup** Maple Syrup

**1 cup** Sunflower Seed Butter (melted)

**1 cup** Oats (rolled)

**3/4 cup** Unsweetened Coconut Flakes

**5 1/16 ozs** Dark Chocolate (chopped, or Dark Chocolate Chips)

**1/4 cup** Raisins

**1 tsp** Cinnamon

**1/4 cup** Whole Flax Seeds

**1/4 cup** Chia Seeds

# Creamy Apple Pie Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Apple Type

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

### No Almond Milk

Use any other type of milk instead.

## Ingredients

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- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

# Coconut Macaroons

3 ingredients · 30 minutes · 24 servings



## Directions

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1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the shredded coconut, egg whites and maple syrup until well combined.
3. Pack the coconut mixture into a tablespoon and transfer to the baking sheet. Tap gently until the mound slides off. Repeat until all the coconut mixture is used up.
4. Bake for 20 minutes or until golden brown. Let cool slightly before serving. Enjoy!

## Notes

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### Likes it Sweet

Use sweetened shredded coconut instead of unsweetened.

### Serving Size

One serving is equal to one macaroon.

### Storage

Store in an airtight container in a cool, dry place up to 5 days. Freeze for up to 3 months.

## Ingredients

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- 2 1/2 cups Unsweetened Shredded Coconut
- 4 Egg (medium, whites only)
- 2 tbsps Maple Syrup



# Raspberry Avocado Ice Cream

5 ingredients · 5 minutes · 2 servings



## Directions

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1. Add all ingredients to a food processor and blend until smooth and creamy.
2. Serve immediately and enjoy!

## Notes

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### Leftovers

Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

### Serving Size

One serving is equal to approximately 3/4 cup.

### More Flavor

Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

### Additional Toppings

Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

### No Raspberries

Use strawberries instead.

## Ingredients

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- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Maple Syrup

# Vanilla Coconut Cups

7 ingredients · 3 hours · 2 servings



## Directions

1. In a medium bowl, add 1/4 of the coconut milk mixture and then sprinkle the gelatin on top. Let it sit for 2 to 3 minutes. Do not mix.
2. In a small pot over medium-low heat, add the remaining coconut milk and honey. Whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm. Do not let it boil.
3. Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
4. Place a sieve over the top of your jars and pour the mixture into the jars through the sieve. This will ensure there are no clumps of gelatin remaining. Store the jars in the fridge for two hours to set. Serve with berries and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### No Honey

Use maple syrup or another sweetener of your choice.

### No Berries

Use another type of fruit instead.

## Ingredients

**1 1/4 cups** Canned Coconut Milk (full fat, divided)

**1/4 oz** Gelatin

**1/2 tsp** Honey

**1/2 tsp** Vanilla Extract

**1/8 tsp** Sea Salt

**1/2 cup** Blueberries (for topping)

**1/2 cup** Raspberries (for topping)

# Chocolate Coconut Peanut Butter Bites

5 ingredients · 1 hour · 18 servings



## Directions

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1. Line a plate or a small baking sheet with parchment paper. Set aside.
2. Heat a skillet or frying pan over medium heat. Add the coconut to the warm pan and toast it for 5 to 8 minutes, stirring often, until golden brown. Transfer the toasted coconut to a small bowl or plate to cool.
3. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
4. Add the coconut oil and maple syrup to the smaller pot and allow the coconut oil to melt. Stir in the cocoa powder until thickened and smooth.
5. Add in the peanut butter and stir until well combined and a soft dough forms. Remove from heat.
6. Roll the dough into 1-inch balls then gently press or roll each ball in the toasted coconut to evenly coat all sides and place on the prepared baking sheet or plate.
7. Freeze for about 30 minutes or until solid then transfer to an airtight container in the refrigerator. Enjoy!

## Notes

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### Leftovers

Keep refrigerated for up to a week or freeze for up to three months. Bites will start to melt at room temperature.

### Serving Size

One serving is one ball.

### More Flavor

Add vanilla extract or sea salt.

### No Peanut Butter

Use sunflower seed butter or other nut butter instead.

## Ingredients

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- 1/3 cup** Unsweetened Shredded Coconut
- 1/4 cup** Coconut Oil
- 1/4 cup** Maple Syrup
- 1/2 cup** Cocoa Powder
- 1/2 cup** All Natural Peanut Butter

**No Maple Syrup**

Use another liquid sweetener, like honey, instead.

**No Shredded Coconut**

Omit or rolled in chopped nuts and/or seeds.



# Coconut Chia Pudding

4 ingredients · 1 hour · 2 servings



## Directions

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1. Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
2. Stir well and divide into cups or containers if on-the-go. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container up to five days.

### Serving Size

One serving is equal to approximately 1.5 cups of chia pudding.

### More Flavor

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

### Additional Toppings

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

## Ingredients

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**3/4 cup** Canned Coconut Milk

**3/4 cup** Water

**1/4 cup** Chia Seeds

**1 tsp** Vanilla Extract

# Grilled Fruit Medley

6 ingredients · 10 minutes · 4 servings



## Directions

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1. Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
2. Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
3. Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

## Notes

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### Other Grilled Fruit Ideas

Use watermelon, peach, apricot, cantaloupe, or mango.

### No Grill

Use a grill pan on the stovetop instead, or broil in the oven.

### Serve it With

Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

### Serve it as a Salad

Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

### Storage

This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.

## Ingredients

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- 2 cups Pineapple (diced and cored)
- 1 cup Strawberries (halved and stems removed)
- 1 Nectarine (sliced and pit removed)
- 12 Barbecue Skewers
- 1 cup Blueberries
- 1/4 Lime (juiced)