Scrumptious
Summer
Snacks

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Peach & Strawberry Bruschetta

Ingredients

1 loaf French bread, cut into thin slices
10 strawberries, diced into small pieces
3 peaches, diced into small pieces
2 tablespoons raspberry white balsamic vinegar or regular balsamic vinegar
1 cup fresh basil leaves, cut into small pieces
1 log cranberry goat cheese

Instructions

Preheat oven to 350F. Place French bread on a baking sheet and bake for 8-10 minutes until fully toasted.
In a medium sized bowl, combine strawberries, peaches, and balsamic. Spread Cranberry Goat cheese onto each slice of French bread.
With a slotted spoon, place fruit mixture on each piece of French bread.

Avocado Hummus

Ingredients

1 can (15.5 ounces) chickpeas, rinsed and drained
3 cups fresh cilantro leaves
1 garlic clove, chopped
1 ripe avocado, roughly chopped
3 tablespoons extra-virgin olive oil
1 teaspoon fresh lemon juice
Coarse salt and ground pepper
Lemon wedges

Instructions

In a food processor, combine chickpeas, cilantro, garlic, and avocado. Process until finely chopped.
With machine running, add olive oil in a slow, steady stream, then add lemon juice, and then add water, 1 tablespoon at a time, until mixture is smooth.
Season to taste with salt and pepper and serve with lemon wedges and tortilla chips or carrot sticks.

Pineapple Green Drink

Ingredients
1/2 cup coconut milk (from carton, not can)
1/2 cup coconut water
1 cup kale, torn into pieces
1/4 cup mint leaves
2 cups pineapple, diced
2 tablespoons ground flax seed

Instructions
Combine all of the ingredients except for the ice in a blender, and blend until smooth. Serve over ice, with a sprig of mint.

Strawberry Coconut Milk Pops

Ingredients
1 lb. fresh strawberries cleaned and hulled
1 cup coconut milk full fat, canned
1/4 cup maple syrup
1 pinch of salt

Instructions
Place all ingredients into blender and blend until smooth. Pour into molds and freeze until solid.

Cocoa Cashew Pretzel Energy Bites

Ingredients

1/4 cup crushed GF pretzels
1/4 cup coconut or almond flour
1/4 cup roasted cashews (crushed)
1/2 cup nut butter
6–8 tbsp Chocolate or Vanilla Protein Powder (I use Shakeology)
1/4 cup unsweetened cocoa powder
1/3 cup raw honey or maple syrup

Instructions

Blend pretzels and cashews in food processor. Transfer into a large bowl and add in all the remaining ingredients with the honey/maple syrup being the last. Mix well and roll into bite size balls. Coat bites with extra cocoa powder and a little bit of leftover crushed pretzel. Freeze or keep in refrigerator to maintain freshness.

Banana Oat Muffins

Ingredients

1 cup plain Greek yogurt
2 medium ripe bananas
2 large eggs
2 cups rolled oats
1/4 cup coconut sugar
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 cup semi-sweet chocolate chips

Instructions

Preheat oven to 400F and prepare a muffin pan by lining them with paper lines. Set aside.
Add all the ingredients except for the chocolate chips to a blender or food processor and process on high until the oats are broken down and batter is smooth and creamy. Stir in chocolate chips by hand.
Pour batter into prepared muffin pan, filling each cavity until it is about 3/4 full.
Bake for 15-20 minutes, until the tops of your muffins are set and a toothpick inserted into the middle comes out clean.
Allow muffins to cool in pan for 10 minutes before removing. Store in an air-tight container for up to a week.

1-Ingredient Mango Fruit Roll-Ups

Ingredients
4 cups diced ripe mango (from about 3 large mangoes)

Instructions
Preheat the oven to 175ºF and line two rimmed baking sheets with parchment paper.
Puree the mango in a food processor or blender until smooth. Divide the purée evenly between the two prepared pans, and using an off-set spatula, spread the purée as flat and as evenly as possible until it's about 1/8-inch thick.
Bake the purée for 3 to 4 hours. The fruit roll-ups are done when the purée is dry to the touch and pliable.
If the bottom side of the roll-ups is still wet after some time, flip the roll-ups over and continue baking them until they are fully dried.
Remove the roll-ups from the oven. Place a piece of wax paper on top of the roll-ups and then peel off the wax paper and the roll-ups together.
Cut the sheet into long strips and then roll up the strips.

NOTES: The total baking time will vary depending on the exact thickness of your fruit roll-ups and the differing temperatures of ovens.The fruit roll-ups will last for up to 1 week when stored in an air-tight container.

Frozen Yogurt Blueberries

Ingredients
1 cup blueberries
½ cup yogurt

Instructions
Line a baking sheet or plate with parchment or wax paper. Place a berry on a toothpick and dip in the yogurt. Set on the parchment paper in a single layer, and repeat until all the berries are dipped. Freeze until solid, about 1 hour.
Eat immediately or transfer to an airtight container and store in the freezer.