

Yenka FencI

PBD Healthy Snacks 2022

Created by Yenka FencI



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Hello PBD girls,

Welcome to your personal recipe collection! Here you will find a collection of delicious snack recipes I have put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

Get started by adding a couple of new recipes from this collection into your regular meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing fruit or vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Notes section:

Be sure to take a look at the notes section for extra tips!

Most importantly, Have fun & get creative!!

Strawberry Almond Protein Smoothie PBD

4 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Nut-Free

Use coconut milk instead of almond milk.

No Almond Milk

Use coconut milk or cashew milk instead.

Smoothie Consistency

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber

Add in some chopped leafy greens like spinach or kale or 1tbsp of ground flax seeds.

Protein Powder

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

More Protein

Add 1 1/2 tbsps Almond Butter or other nut butter.

Ingredients

1 1/2 cups Strawberries (frozen)

1 Banana (small, frozen)

1/4 cup Vanilla Protein Powder

1 1/4 cups Unsweetened Almond Milk

Berry & Greek Yogurt Smoothie PBD

4 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Ultra Creamy

Use milk instead of water.

More fiber

Add 1 tbsp Ground Flax Seed

More sweetness

Add 1 tbsp honey

Ingredients

1/2 cup Plain Greek Yogurt

1 Banana (frozen & ripe)

1 cup Frozen Raspberries

1 cup Water

Apple Slices with Tuna

5 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, add the tuna, red onion, mayonnaise and sea salt. Mix well.
2. Add the tuna on top of the sliced apple. Serve and enjoy!

Notes

Leftovers

The apple is best cut on the same day you'll enjoy it. Refrigerate the leftover tuna mix in an airtight container for up to three days.

Additional Toppings

Add chopped nuts or sesame seeds on top.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Mayonnaise

Use greek yogurt instead.

Ingredients

- 1 can Tuna
- 1/4 cup Red Onion (diced)
- 2 tbsps Mayonnaise
- 1/8 tsp Sea Salt
- 2 Apple (cored, sliced)

Chunky Oatmeal Chocolate Chip Cookies

4 ingredients · 20 minutes · 8 servings



Directions

1. Mash Bananas in a bowl.
2. Add oats, peanut butter & chocolate chips. Mix together.
3. Scoop out with ice cream scoop (to hold round shape) & place on a cookie sheet.
4. Preheat oven to 350 degrees. Bake for 15-20 minutes until edges and bottom are slightly brown.
5. Enjoy!!

Notes

No ripe bananas

Add 2-3 tbsp of maple syrup or honey.

Ingredients

- 2 Banana (ripe)
- 1 1/2 cups Oats
- 1/4 cup All Natural Peanut Butter
- 1/4 cup Dark Chocolate Chips (mini)

Chocolate Almond Butter Pudding PBD

5 ingredients · 5 minutes · 3 servings



Directions

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

Serving Size

One serving is equal to approximately 1/2 cup of pudding.

No Cocoa Powder

Use cacao powder instead.

No Almond Butter

Use peanut butter or any type of nut butter.

Optional Toppings

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fiber

Add ground flax seeds before blending.

No almond milk

Use any type of milk you desire.

Ingredients

2 Avocado (peeled and pits removed)

1/4 cup Maple Syrup

1/2 cup Unsweetened Almond Milk

2 2/3 tbsps Cocoa Powder

1/4 cup Almond Butter

Watermelon Pizza PBD

4 ingredients · 10 minutes · 8 servings



Directions

1. Cut a round slice from the center of your watermelon, about 1 inch thick. Pat dry with paper towel.
2. Spread coconut yogurt evenly across your watermelon and top with blueberries and peach slices. Carefully cut into servings and enjoy immediately.

Notes

Other Toppings

Any fruit, fresh herbs, crushed nuts, shredded coconut, hemp hearts, dark chocolate chips, etc.

No Plain Yogurt

Use coconut or vanilla yogurt or melted chocolate or coconut cream. (Whip with blender 1st.)

Make More

Create smaller watermelon pizzas with leftover watermelon.

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/4 Seedless Watermelon (medium)
- 1/4 cup Blueberries
- 1 Peach (sliced)

Frozen Chocolate Banana Pops

4 ingredients · 10 minutes · 4 servings



Directions

1. Cut bananas in half.
2. Push in a popsicle stick through bigger side of banana.
3. Spread peanut butter on all pieces of banana.
4. In a small pan ,on low heat, add the coconut oil and chocolate chips. Stir & melt.
5. Drizzle melted chocolate over the peanut butter side of banana.
6. Line a plate or small baking tray with baking wax paper. Place pops, Freeze. Enjoy!

Ingredients

- 2 Banana (cut in half)
- 2 **tbsps** All Natural Peanut Butter
- 2 **tbsps** Dark Chocolate Chips
- 1 **tsp** Coconut Oil