12 ideas for healthy snacks

@dr_maya_lifestyle



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Dr. Maya
your
healthy lifestyle doctor
PhD

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1. Greek Yogurt with Banana and Nuts



Ingredients:
1 cup Greek yogurt, 1 banana, 1/4 cup mixed nuts (almonds, walnuts, cashews).

Recipe: Mix yogurt with sliced banana and sprinkle with nuts.

2. Fruit and Vegetable Smoothie + Protein



Ingredients:
1 banana, 1 apple, 1 cup spinach, 1 cup of almond milk, 1 serving (10g) protein.

Recipe: Blend all ingredients until smooth.

3. Whole Grain Bread Avocado Toast



Ingredients:
1 avocado, 1 slice of whole grain bread, salt, pepper, lemon juice.

Recipe: Mash avocado, add salt, pepper, and a bit of lemon juice. Spread on toasted bread.

4. Hummus with Sliced Vegetables (Carrot, Celery, Cucumber)



Ingredients:
1 cup hummus, 1 carrot, 1 celery, 1 cucumber.

Recipe: Chop vegetables into sticks. Serve with hummus.

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5. Quinoa Salad with Vegetables and Olive Oil



Ingredients:
1 cup cooked quinoa, 1 tomato, 1 cucumber, 1/4 red onion, 2 tablespoons olive oil, salt, pepper.

Recipe: Mix all ingredients in a large bowl, mix with olive oil, salt, and pepper.

6. Whole Grain Crackers with Cheese and Tomatoes



Ingredients:
10 whole grain crackers, 100g soft cheese, 1 tomato.

Recipe: Chop tomato thinly. Spread cheese on crackers, top with tomato slices.

7. Tuna with Avocado and Lemon Juice on Lettuce Leaves



Ingredients:
1 can of tuna in its own juice, 1 avocado, juice of 1/2 lemon, lettuce leaves.

Recipe: Mix tuna with avocado and lemon juice. Place on the lettuce leaves.

8. Baked Chickpea Snacks



Ingredients:
1 can of chickpeas, 1 tablespoon of olive oil, 1 teaspoon paprika, salt, pepper.

Recipe: Preheat an oven to 200°C. Drain and rinse chickpeas. Mix with olive oil, paprika, salt, and pepper. Spread on tje baking sheet and bake for 20-30 minutes until crispy.

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9. Chia Pudding



Ingredients:
25g chia seeds, 120ml oat milk, 40g kiwi.

Recipe: Soak chia seeds in milk, let them swell. Cut kiwi or make a mash and add to the mixture.

10. Whole Grain Crackers with Peanut Butter



Ingredients:
20g whole grain crackers (2 pieces), 14g peanut butter (1.5 teaspoons), 45g banana (1/2 banana).

Recipe: Spread peanut butter on crackers, top with banana slices.

11. Whole Grain Lavash Wrap with Tuna



Ingredients:
60g whole grain lavash, 50g cucumber, 55g tuna in its own juice.

Recipe: Place ingredients on the rap and wrap. Optionally, grill.

12. Fruit Salad



Ingredients:
80g pear, 80g banana, 90g apple, 30g Greek yogurt, seeds, and nuts.

Recipe: Chop fruits and mix with yogurt. Add seeds and nuts.