

*15 Healthy*

# **VEG SNACKS**

**AT HOME**





*Healthyyoublog*

Healthy Recipes and Tips

**YOUR HEALTH IS  
MY PRIORITY**

**SHERRY WELL**

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CHAPTER

01

*breakfast*





# Avocado Cucumber Bites

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## INGREDIENTS

- 1 large cucumber
- 1 ripe avocado
- Sea salt, to taste
- Optional: Cherry tomatoes, black pepper, lime juice, cilantro for garnish



## INSTRUCTIONS:

1. Wash the cucumber thoroughly and slice it into rounds, each about 1/2 inch thick.
2. Cut the avocado in half, remove the pit, and scoop the flesh into a small bowl.
3. Mash the avocado with a fork until smooth. You can add a squeeze of lime juice and a pinch of salt for extra flavor if desired.
4. Place a small dollop of mashed avocado onto each cucumber round.
5. Optionally, you can top each avocado-cucumber bite with a halved cherry tomato, a sprinkle of black pepper, and a small cilantro leaf for garnish.
6. Arrange the avocado cucumber bites on a serving platter and sprinkle a little sea salt.

These avocado cucumber bites are refreshing and healthy, and a perfect appetizer or snack for any occasion. Feel free to get creative with additional toppings or seasonings to suit your taste preferences!

CHAPTER

02

*lunch*



# Spiced Chickpea Crunch

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## INGREDIENTS

- 1 glass of chickpeas (garbanzo beans), rinsed and drained
- 1 tablespoon coconut oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon chili powder (adjust to taste)
- Salt and black pepper, to taste



## INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper or aluminum foil.
2. Drain and rinse the chickpeas, then pat them dry with a clean kitchen towel or paper towel. Remove any loose skins that come off.
3. In a mixing bowl, toss the dried chickpeas with coconut oil until they're evenly coated.
4. In a separate small bowl, combine the ground cumin, smoked paprika, garlic powder, onion powder, chili powder, salt, and black pepper. Stir well to mix the spices.
5. Sprinkle the spice mixture over the chickpeas, tossing them until they're evenly coated with the spices.
6. Spread the seasoned chickpeas in a single layer on the prepared baking sheet.
7. Bake in the preheated oven for 25-30 minutes, or until the chickpeas are crispy and golden brown. Shake the pan halfway through the cooking time to ensure even browning.



8. Once done, remove the chickpeas from the oven and let them cool on the baking sheet for a few minutes before serving.
9. Enjoy your Spiced Chickpea Crunch as a crunchy and flavorful snack!



CHAPTER

03

*dinner*



# Quinoa Stuffed Peppers

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## INGREDIENTS

- 4 large bell peppers (any color)
- 1 cup quinoa, rinsed (soak in water 4 hours)
- 2 cups water
- 1 tablespoon coconut oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 glass (15 ounces) of black beans, drained and rinsed, and boil separately
- 2 diced tomatoes, drained
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- Salt and pepper, to taste
- 1 cup shredded vegan cheese or regular cheese (optional)
- Fresh cilantro, chopped, for garnish (optional)



## INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and membranes. Rinse them under cold water and set aside.
3. In a medium saucepan, bring water to a boil. Add the rinsed quinoa, reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is cooked and the liquid is absorbed. Remove from heat and set aside.
4. In a large skillet, heat the olive oil over medium heat. Add the diced onion and cook until softened about 5 minutes. Add the minced garlic and cook for an additional minute.
5. Stir in the black beans, diced tomatoes, cooked quinoa, ground cumin, chili powder, salt, and pepper. Cook for another 5 minutes, stirring occasionally, until everything is heated and well combined. Adjust seasoning to taste if needed.

## INSTRUCTIONS:

6. Stuff each bell pepper with the quinoa mixture, pressing down gently to fill them. If using cheese, sprinkle it on top of each stuffed pepper.
7. Place the stuffed peppers in a baking dish, cover with aluminum foil, and bake in the preheated oven for 25-30 minutes, or until the peppers are tender.
8. Remove the foil and bake for an additional 5 minutes to melt the cheese (if using) and lightly brown the tops of the peppers.
9. Once done, remove the stuffed peppers from the oven and let them cool for a few minutes before serving.
10. Garnish with chopped fresh cilantro if desired, and enjoy your delicious Quinoa Stuffed Peppers!



CHAPTER

04

*breakfast*



# Berry Bliss Bowl

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## INGREDIENTS

- 1 cup mixed berries (such as strawberries, blueberries, raspberries)
- 1/2 cup plain Greek yogurt (or dairy-free alternative like almond or coconut yogurt)
- 1 tablespoon honey (or maple syrup for a vegan option)
- 1/4 cup granola
- Optional toppings: sliced banana, chia seeds, shredded coconut, sliced almonds



## INSTRUCTIONS:

1. Wash the mixed berries and slice any larger fruits like strawberries if desired.
2. In a small bowl, mix the plain Greek yogurt with honey until well combined. Adjust the sweetness to your taste preference by adding more or less honey.
3. In a serving bowl, start by adding a layer of sweetened Greek yogurt.
4. Arrange the mixed berries on top of the yogurt layer.
5. Sprinkle granola evenly over the berries.
6. Optionally, add any additional toppings such as sliced banana, chia seeds, shredded coconut, or sliced almonds.
7. Drizzle a little extra honey over the top if desired.
8. Serve immediately and enjoy your Berry Bliss Bowl!

CHAPTER

05

*lunch*





# Sweet Potato Rosemary Fries

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## INGREDIENTS

- 2 large sweet potatoes
- 2 tablespoons coconut oil
- 1 tablespoon chopped fresh rosemary
- Salt and pepper, to taste



## INSTRUCTIONS:

1. Preheat your oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Wash the sweet potatoes thoroughly and peel them. Cut the sweet potatoes into evenly sized fries, about 1/4 to 1/2 inch thick.
3. In a large bowl, toss the sweet potato fries with coconut oil, chopped fresh rosemary, salt, and pepper until they are evenly coated.
4. Spread the seasoned sweet potato fries in a single layer on the prepared baking sheet, making sure they are not overcrowded.
5. Bake the fries in the preheated oven for about 20-25 minutes, flipping them halfway through the cooking time, until they are golden brown and crispy on the outside.
6. Once done, remove the sweet potato fries from the oven and let them cool slightly before serving.
7. Serve the Sweet Potato Rosemary Fries hot as a delicious and nutritious side dish or snack.



CHAPTER

06

*dinner*



# Besty Zucchini Chips

## INGREDIENTS

- 2 medium zucchinis
- 2 tablespoons coconut oil, melted
- 1 teaspoon lemon zest
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- Salt and pepper, to taste



## INSTRUCTIONS:

1. Preheat your oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Wash the zucchinis thoroughly and slice them into thin rounds, about 1/8 inch thick. Pat the slices dry with a paper towel to remove excess moisture.
3. In a mixing bowl, combine the melted coconut oil, lemon zest, garlic powder, paprika, salt, and pepper. Stir well to mix the ingredients evenly.
4. Add the zucchini slices to the bowl with the seasoned coconut oil mixture. Toss the slices until they are evenly coated with the mixture.
5. Arrange the seasoned zucchini slices in a single layer on the prepared baking sheet, making sure they are not overlapping.
6. Bake the zucchini chips in the preheated oven for about 20-25 minutes, flipping them halfway through the cooking time, until they are golden brown and crispy.
7. Once done, remove the zucchini chips from the oven and let them cool slightly before serving.
8. Serve the Zesty Zucchini Chips hot as a flavorful and healthy snack or side dish.

CHAPTER

**07**

*breakfast*





# *banana cake*

## *dairy-free, egg-free*

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### **INGREDIENTS**

- 2 ripe bananas, mashed
- 1/3 cup coconut oil, melted
- 1/2 cup coconut sugar (or brown sugar)
- 1/4 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 1/2 cups whole wheat flour (or all-purpose flour)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- Pinch of salt
- Optional: chopped nuts, shredded coconut, or chocolate chips for topping



## INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C). Grease a 9x5 inch loaf pan or line it with parchment paper.
2. In a large mixing bowl, combine the mashed bananas, melted coconut oil, coconut sugar, flax eggs, and vanilla extract. Mix well until smooth.
3. In a separate bowl, sift together the flour, baking powder, baking soda, ground cinnamon, and salt.
4. Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Be careful not to overmix.
5. Pour the batter into the prepared loaf pan, spreading it evenly.
6. If desired, sprinkle chopped nuts, shredded coconut, or chocolate chips on top of the batter.
7. Bake in the preheated oven for 45-50 minutes, or until a toothpick inserted into the center comes out clean.

8. Once baked, remove the banana cake from the oven and allow it to cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
9. Slice and serve the dairy-free and healthy Banana Cake as a delicious snack or dessert.



CHAPTER

08

*lunch*





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## INGREDIENTS

- 1 glass (15 ounces) chickpeas, drained and rinsed
- 2 cloves garlic, minced
- 3 tablespoons tahini (sesame seed paste)
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon ground cumin
- Salt, to taste
- 2-3 tablespoons water (optional, for desired consistency)
- Assorted vegetable sticks (carrots, cucumbers, bell peppers) or pita bread,



## INSTRUCTIONS:

1. In a food processor, combine the chickpeas, minced garlic, tahini, lemon juice, olive oil, ground cumin, and a pinch of salt.
2. Blend the ingredients until smooth and creamy. If the hummus is too thick, you can add 2-3 tablespoons of water gradually until you reach your desired consistency.
3. Taste the hummus and adjust the seasoning, adding more salt or lemon juice if needed.
4. Transfer the hummus to a serving bowl and drizzle with a little extra olive oil, if desired.
5. Arrange the assorted vegetable sticks or pita bread triangles around the hummus dipper bowl.
6. Serve the Hummus Dippers immediately and enjoy!



CHAPTER

09

*dinner*



# Cauliflower Rice

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## INGREDIENTS

- 1 head of cauliflower
- 1 tablespoon olive oil or coconut oil
- Salt and pepper, to taste
- Optional: minced garlic, diced onion, chopped herbs (such as parsley or cilantro), spices (such as cumin or paprika)



## INSTRUCTIONS:

1. Rinse the cauliflower head and pat it dry with paper towels. Remove the leaves and cut the cauliflower into florets.
2. Working in batches, place the cauliflower florets in a food processor and pulse until they resemble rice grains. Be careful not to over-process, as you don't want the cauliflower to turn into a puree.
3. Alternatively, you can grate the cauliflower using a box grater or finely chop it with a knife until it resembles rice grains.
4. Heat the olive oil or coconut oil in a large skillet over medium heat.
5. If using, add minced garlic and diced onion to the skillet and sauté until fragrant and translucent.
6. Add the cauliflower rice to the skillet and season with salt and pepper. Stir well to combine.
7. Cook the cauliflower rice for about 5-7 minutes, stirring occasionally, until it is tender but still slightly crisp.



8. If desired, add chopped herbs and spices to the cauliflower rice for extra flavor. Stir well to incorporate.
9. Once cooked to your liking, remove the cauliflower rice from the heat and serve immediately as a low-carb alternative to traditional rice.



CHAPTER

**10**

*breakfastner*



# Apple Almond Butter Boat

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## INGREDIENTS

- 1 large apple
- 2 tablespoons almond butter (or any nut or seed butter of your choice)
- Optional toppings: sliced almonds, shredded coconut, cinnamon, honey or maple syrup





## INSTRUCTIONS:

1. Wash the apple thoroughly and pat it dry with a towel.
2. Using a sharp knife, carefully slice the apple in half lengthwise.
3. Use a spoon or a melon baller to remove the core and seeds from each apple half, creating a hollowed-out "boat" shape.
4. Spread almond butter evenly into the hollowed-out center of each apple half.
5. If desired, sprinkle sliced almonds, shredded coconut, or a pinch of cinnamon over the almond butter.
6. Drizzle with honey or maple syrup for added sweetness, if desired.
7. Serve the Apple Almond Butter Boats immediately and enjoy!



CHAPTER

11

*lunch*



# Crispy Tofu Veggie

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## INGREDIENTS

- 1 block (14-16 ounces) of firm tofu, drained and pressed
- 2 tablespoons organic coconut oil
- 2 cloves garlic, minced
- 1 small onion, sliced
- 2 cups mixed vegetables (such as bell peppers, broccoli, carrots, snap peas)
- 2 tablespoons soy sauce or tamari
- 1 tablespoon maple syrup (optional)
- Salt and pepper, to taste
- Sesame seeds, for garnish (optional)
- Cooked rice or quinoa, for serving (optional)



## INSTRUCTIONS:

1. Cut the pressed tofu into cubes or strips, depending on your preference.
2. Heat 1 tablespoon of coconut oil in a large skillet or wok over medium-high heat.
3. Add the tofu cubes to the skillet in a single layer and cook for 4-5 minutes on each side, or until golden brown and crispy. Remove the tofu from the skillet and set aside.
4. In the same skillet, add the remaining tablespoon of coconut oil.
5. Add the minced garlic and sliced onion to the skillet and sauté for 2-3 minutes, or until fragrant and translucent.
6. Add the mixed vegetables to the skillet and stir-fry for 5-6 minutes, or until they are tender-crisp.
7. Return the cooked tofu to the skillet with the vegetables.
8. In a small bowl, mix together the soy sauce or tamari and maple syrup (if using). Pour the sauce over the tofu and vegetables in the skillet.

9. Stir well to coat everything evenly with the sauce. Cook for another 2-3 minutes, allowing the flavors to meld together.
10. Season with salt and pepper to taste.
11. Garnish with sesame seeds, if desired.
12. Serve the tofu with veggies hot as a delicious and nutritious side dish or main course, optionally with cooked rice or quinoa.





CHAPTER

12

*dinner*



# Wholesome Bean Bowl

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## INGREDIENTS

- 1 cup dried beans (such as black beans, kidney beans, or chickpeas)
- Water for soaking and boiling
- Salt, to taste
- Optional toppings or additions: chopped vegetables (such as tomatoes, bell peppers, onions), cooked grains (such as quinoa or brown rice), fresh herbs (such as cilantro or parsley), avocado slices, lime wedges



## INSTRUCTIONS:

1. Rinse the dried beans under cold water and remove any debris or stones.
2. Place the beans in a large bowl and cover them with water. Allow them to soak overnight or for at least 8 hours. This helps to soften the beans and reduce cooking time.
3. After soaking, drain and rinse the beans again.
4. Transfer the soaked beans to a large pot and cover them with fresh water. The water level should be about 2 inches above the beans.
5. Bring the water to a boil over high heat, then reduce the heat to medium-low and let the beans simmer, partially covered, for about 1 to 1.5 hours, or until they are tender. The cooking time may vary depending on the type and size of beans, so check them periodically for doneness.
6. Once the beans are tender, remove the pot from the heat and drain any excess water.
7. Season the boiled beans with salt to taste.

8. Serve the boiled beans as a healthy dinner option, either on their own or with your choice of toppings or additions, such as chopped vegetables, cooked grains, fresh herbs, avocado slices, or lime wedges.
9. Enjoy your nutritious and satisfying meal!



CHAPTER

**13**

*breakfast*





# Beet and Walnut Morning Medley

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## INGREDIENTS

- 3 medium beets, boiled, peeled, and diced
- 1/2 cup walnuts, roughly chopped
- 1/4 cup fresh cilantro leaves, chopped
- 1/4 cup fresh dill leaves, chopped
- 2 tablespoons organic apple cider vinegar
- 2 tablespoons organic extra virgin olive oil
- Salt and pepper, to taste



## INSTRUCTIONS:

1. In a large mixing bowl, combine the diced boiled beets, chopped walnuts, chopped cilantro, and chopped dill.
2. In a small bowl, whisk together the apple cider vinegar, extra virgin olive oil, salt, and pepper to make the dressing.
3. Pour the dressing over the beet mixture in the large bowl and toss gently until everything is evenly coated.
4. Taste the salad and adjust the seasoning, adding more salt and pepper if needed.
5. Transfer the beet salad to a serving platter or individual plates.



CHAPTER

14

*lunch*



# Cinnamon-Spiced Pumpkin Bliss Soup

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## INGREDIENTS

- 2 cups pumpkin puree (homemade)
- 1 tablespoon coconut oil
- 2 tablespoons honey
- 1 teaspoon cinnamon powder
- Salt and pepper, to taste
- Optional garnish: toasted pumpkin seeds, drizzle of coconut cream, fresh herbs



## INSTRUCTIONS:

1. Start by boiling the pumpkin until it's tender. Once cooked, drain any excess water and let the pumpkin cool slightly.
2. Transfer the boiled pumpkin to a blender or food processor and puree until smooth.
3. Meanwhile, in a small saucepan, melt the coconut oil over low heat.
4. Once melted, add the cinnamon powder to the coconut oil. Stir for a minute.
5. Add the cinnamon to the pumpkin soup and stir until fully incorporated.
6. Season the soup with salt and pepper to taste and add honey on top of that when the soup is a little cool.
7. Serve the Healthy Pumpkin Soup warm, garnished with toasted pumpkin seeds, a drizzle of coconut cream, or fresh herbs if desired.



CHAPTER

**15**

*dinner*



# Creamy Cashew Spinach Delight

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## INGREDIENTS

- 1 cup raw cashews, soaked in water for at least 8 hours or overnight
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 5 cups fresh spinach leaves, roughly chopped
- 1/4 cup nutritional yeast
- 1 tablespoon lemon juice
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper
- Optional: 1/4 teaspoon red pepper flakes for a bit of heat
- Water, as needed



## INSTRUCTIONS:

1. Drain and rinse the soaked cashews thoroughly.
2. In a blender or food processor, combine the soaked cashews, olive oil, garlic, and onion. Blend until smooth, adding a little water as needed to achieve a creamy consistency.
3. Heat a large skillet over low heat. Add the cashew mixture to the skillet and cook for 1 minute, stirring occasionally.
4. Add the chopped spinach to the skillet and cook until wilted, about 3-4 minutes.
5. Stir in the nutritional yeast, lemon juice, salt, black pepper, and red pepper flakes (if using). Cook for an additional 2 minutes, allowing the flavors to meld together.
6. If the dip is too thick, you can thin it out with a little water until you reach your desired consistency.
7. Once cooked to your liking, transfer the spinach dip to a serving bowl.
8. Serve the non-dairy Spinach Dip warm or at room temperature with your favorite veggies, crackers, or bread for dipping.