



Guide To Healthy Snacks





Welcome to My guide to healthy snacks

I have created a scientific and nutritious guide to food, with the help of a leading consultant with an MSc (Master of Science) in Applied Sports Nutrition and a chef with years of experience in Rosette awarded restaurants.

In this book you will find some amazing recipes to cover all types of meals. Created perfectly to fit into your meal plans that I have supplied to you to help you achieve your goals.

I hope you enjoy making these recipes as much as I did creating them for you.

Paul Wallace

Coach

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



The Savoury Collection

CRISPY TOFU

Serves 2

Ingredients

175g Firm Tofu
1tbsp Olive Oil
1tsp Cajun Spices
1tbsp Corn-Flour
Salt And Pepper To Taste

Method

Preheat your oven to 200°C. Use a large baking tray lined with baking paper.

Drain and squeeze the excess water from the tofu. Wrap a cloth around the tofu and place something heavy over the top of the tofu and leave it for 10 - 15 minutes to press out any extra water.

Cut the tofu into chip-size pieces. Drizzle with the olive oil and place in a bowl.

Combine the corn flour and spices together, toss the tofu in the mix.

Place the tofu onto the prepared baking sheet and arrange in one layer. Bake for 25-30 minutes, turning halfway, until the tofu turns golden on the edges.

Serve with some low calorie sauce, if your plan allows.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

BLACK BEAN HUMMUS

Serves 2

Ingredients

100g Black Beans
2tbsp Olive Oil
1tsp Moroccan Spices
½tsp Cumin
2 Garlic Clove
¼tsp Cayenne Pepper
Salt And Pepper To Taste

Method

Drain the water from the beans into a food processor and add the spices, blend until smooth, now add in the black beans and blend again until smooth.

Serve as a dip with fresh vegetables. Try adding in different spices to create new versions.

The dip can be stored in the fridge for up to 5 days in a sealed container.



Calories



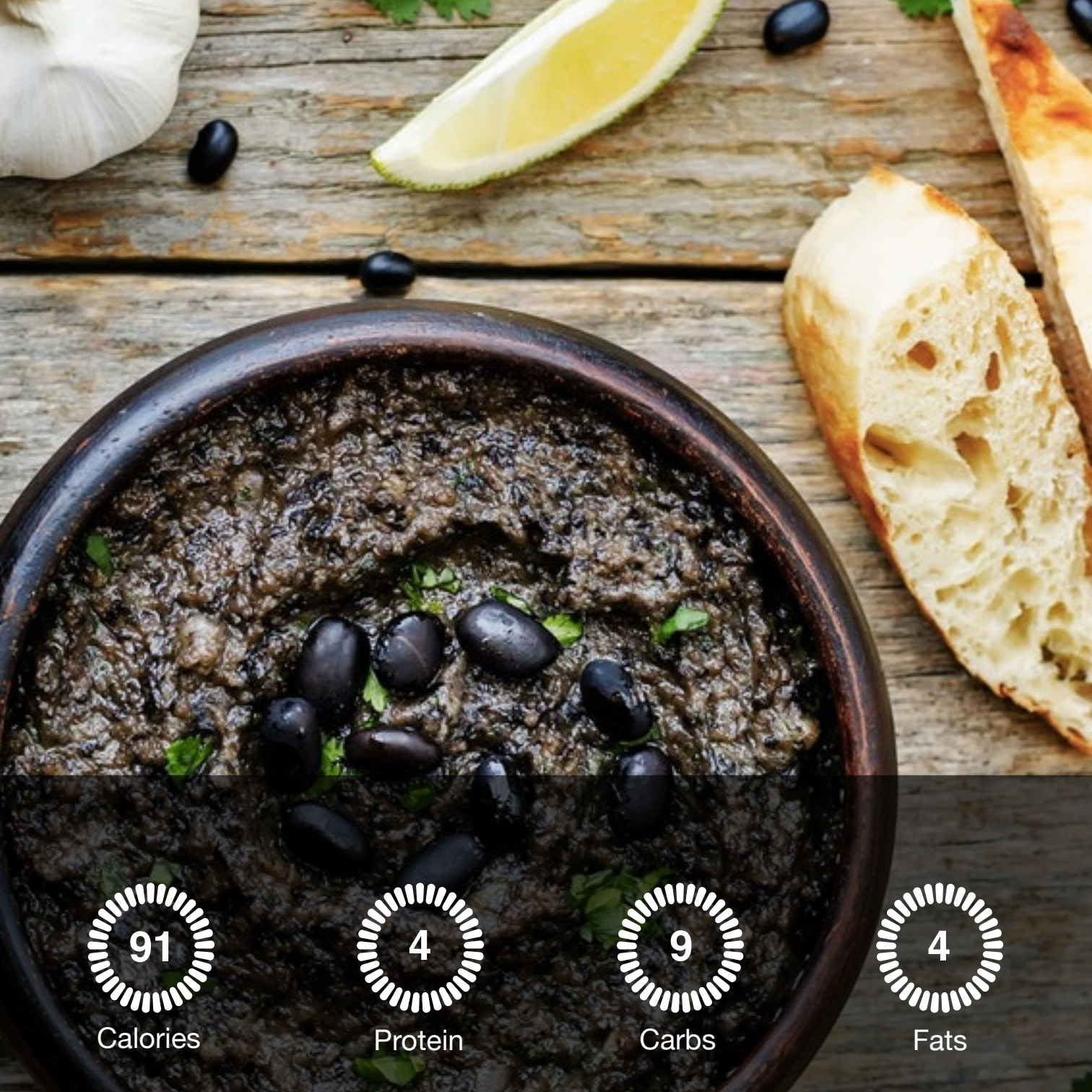
Protein



Carbs



Fats



Calories



Protein



Carbs



Fats

SWEET POTATO Rostis

Serves 2
(3 per portion)

Ingredients

150g Sweet Potato (Grated)
½ Small Onion, (Grated)
1 Eggs
1 Clove Garlic, Crushed
Fresh Coriander
½Tsp. Sweet Paprika
Salt And Pepper
3tbsp Plain Flour
1 Tbsp Avocado Oil

Method

Grated sweet potato and onion into a large bowl. Add in the crushed garlic, eggs, mix until they are all well combined, then add the paprika, flour, salt and pepper. Give it another mix to make sure all the seasoning is coating all of the potato mixture.

Spilt the mix into 6 equal portions.

Warm a pan on a medium heat, add in the avocado oil and start to cook the rostis. Fry for around 2-3 minutes per side.



Calories



Protein



Carbs



Fats



Calories



Protein



Carbs



Fats

BACON & BROCCOLI MUFFINS

Serves 6

Ingredients

1 Small Head Broccoli
5 Eggs
1 Clove Garlic (Minced)
4 Slices Lean Bacon (Sliced Thinly)
30g Cheese (Grated)
1cal Oil Spray
Salt And Pepper To Taste
Chili Flakes (Optional)

Method

Preheat the oven to 360°F (180°C).

Cut the broccoli into small pieces and place into a pan of salted boiling water and cook for approx. 3 minutes. Strain and place to one side, while you cook the bacon.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt and pepper, and chili flakes if using.

Use the oil spray to coat a muffin tin, (1 spray per section), and fill the moulds with evenly divided broccoli, bacon, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 minutes, or until eggs have set.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats



The Smoothie Collection

PB & Jelly Protein Smoothie

Serves 2

Ingredients

30g Whey/Vegan Protein
(Vanilla Or Peanut Butter Flavour)
1/2tbsp Peanut Butter
15g Oats
100g Frozen Raspberries
300mls Unsweetened Almond Milk

Method

Place all ingredients into a high-speed blender and blitz until smooth.

If you like a smoother shake, soak the oats in the almond milk over night and then use them.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

Protein Greens

Serves 1

Ingredients

150ml Almond Milk Unsweetened
1 Small Banana
50g Spinach
50g Kale
30g Protein (Whey Or Vegan)

Method

Place the banana, spinach, kale and almond milk into a blender and blitz until smooth. Add the protein and blitz again.

You could always slice and freeze the banana the night before. This will help make the drink cooler in the summer and a little thicker.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

Vanilla & Coffee Smoothie

Serves 1

Ingredients

20ml Espresso
200ml Almond Milk
1 Scoops Vanilla Wonder Shake
2tsp Cinnamon
2tbsp Flax Seeds
Handful Ice

Method

Blitz all ingredients in a high-speed blender until smooth. Serve cold in a glass.

Try swapping vanilla for chocolate flavoured protein and create a mocha shake. Or Remove the espresso and try with a fruit flavoured protein instead.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats



The Fruit Collection

“Eton Mess”

Serves 1

Ingredients

25g Whey/Vegan Protein, Strawberry
250g 0% Fat Greek Yoghurt
30g Strawberries
30g Raspberries
30ml Unsweetened Almond Milk

Vegan option: Substitute Greek Yoghurt for plant alternative of your choice.

Method

In a bowl, mix all ingredients minus the strawberries /raspberries.

Whisk until the desired volume is reached.

Gently mix in the strawberries and then top with the raspberries.

Place in the fridge for 20-30 minutes.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

Black Forest Frozen Yoghurt

Serves 1

Ingredients

1 Scoop Protein Powder (chocolate)
100g 0% Fat Greek Yoghurt
1 tsp Vanilla Extract
100g Frozen Berries

Method

Combine the yogurt and the protein powder until smooth.

Add the frozen berries, mix and leave for 5-10 mins in the freezer. Eat and Enjoy.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

BANANA PROTEIN WHIP

Serves 2

Ingredients

2 Medium Frozen Bananas, Sliced
8tbsp 0% Fat Greek Yoghurt
25g Whey/Vegan Protein Powder
50-100ml Almond Milk
½tsp Mixed Spice

Add a few frozen mixed berries to serve if you want.

Method

Slice & freeze the banana the day before.

Place all ingredients in a blender and blitz until smooth and creamy.

Divide between two bowls, top with berries and enjoy.

Try spilling the mix up and using chocolate protein in part of it for a chocolate banana mix.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats



The Chocolate Collection

Dark Chocolate & Berry Slab

Serves 4

Ingredients

453g 0% Fat Greek Yogurt
30g Dark Chocolate (75-90%)
75g Frozen Mixed Berries
45g Pecan halves (Crushed)

Method

Line a 10-by-15 inch (25-by-38cm) rimmed baking sheet with parchment paper. Pour the yogurt into the centre of the baking sheet.

Use a spatula to spread the yogurt evenly across the tray. Melt the chocolate and swirl into the yoghurt mix.

Press the berries into the yogurt mix and sprinkle the pecan nuts over.

Freeze for at least 5 hours and up to 24 hours. Break the slab into big pieces and serve, or store in an airtight container in the freezer for up to three months.



Calories



Protein



Carbs



Fats





164

Calories



13

Protein



10

Carbs



8

Fats

Protein Truffles

Serves 12

Ingredients

1 Avocado, Peeled & Mashed
2tbsp Maple Syrup
170g Dark Chocolate, melted
4tbsp Unsweetened Cocoa Powder
½tsp Vanilla Extract
50g Desiccated Coconut
2 Scoops Protein Powder

Method

Combine the maple syrup, melted chocolate, cocoa powder and mashed avocado and protein powder in a large bowl.

Thoroughly mix so that it becomes a smooth paste before covering and placing in the fridge for around 30 minutes, or until the truffle mixture has hardened slightly.

Lightly grease your hands with coconut oil and shape the individual truffles with your hands. Once the truffles are round, roll them in the desiccated coconut and place them on parchment paper before returning them to the fridge for another 30 minutes.

Once the truffles have hardened, remove from the fridge and enjoy.

Any leftover truffles can be kept in the fridge for up to four days in an airtight container.



Calories



Protein



Carbs



Fats





52

Calories



3

Protein



4

Carbs



4

Fats

Chocolate Brownies

Serves 9

Ingredients

3 Medium Overripe Bananas
60g Whey Protein Chocolate
1/2tsp Baking Powder
2tbsp Cocoa Powder
2 Eggs
2tbsp Smooth Peanut Butter

Method

Preheat the oven to 180C, grease a small cake pan or loaf pan and set aside.

Combine all ingredients in a blender until smooth.

Pour the mixture into the greased pan and bake for around 15 minutes, or a little longer if your not a fan of soft brownies.

Remove from the oven and allow to cool completely before slicing into pieces.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

Chocolate CHIA PUDDING

Serves 6

Ingredients

170g Chia Seeds
700ml Coconut Milk
25g Whey/Vegan Protein Powder
(chocolate)
1tsp Vanilla Extract
1/2tsp Cinnamon
2tbsp Cocoa Powder
125g Raspberries (frozen)

Method

Blend all the ingredients in a high-speed blender or food processor until most chia seeds are broken down and the pudding is thick and creamy.

Portion out into jars or small bowls and top with frozen raspberries.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

VEGAN CHOCOLATE PEANUT MOUSSE

Serves 6

Ingredients

130g Sweet Potato cooked
125g Smooth Peanut Butter
50g Natural Cocoa Powder
5tbsp Maple syrup
120ml Chickpea Brine
½tsp Lemon Juice

Method

Blend the sweet potato and peanut butter until smooth, then add cocoa powder, maple syrup, blend again until smooth.

In a clean bowl add the lemon juice and chickpea brine whip with a hand mixer until you get stiff peaks, this should take around 5 minutes. This will create your mousse base mix.

Fold the mousse mixture into the chocolate and combined well. The mixture will sink slightly.

Spilt the mixture between 6 small serving dishes and place in the fridge for 6-8 hours (or overnight) for the mousse to set.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats



***The Cakes &
Cookies Collection***

Almond Cookies

Serves 6

Ingredients

1 Ripe Banana
2tsp Chia Seeds
3tbsp Golden Flax Seeds
1tbsp Flour
30g Vanilla Protein Powder
1tsp Almond Butter
10g Flaked Almonds

Method

Begin by preheating your oven to 180°C/350°F/ gas 4 and line a baking sheet with parchment paper.

Using a hand mixer, blend the banana and almond butter until it is a smooth and creamy consistency. Add the chia and flax seeds to the banana and mix until they are well combined.

Then, stir in the protein powder and flour and mix until just combined. Do not over mix the protein powder and flour as the banana batter will become too hard. You should now have enough batter to make 6 cookies. Use a spoon to divide the batter, with the palm of your hand, push down on the batter to form a cookie shape. Sprinkle the almonds on top.

Bake the cookies for around 8 minutes until they have turned golden brown and have a firm texture. Remove the cookies from the oven and place them on a rack to cool for 10 minutes before devouring.



Calories



Protein



Carbs



Fats





79

Calories



5

Protein



8

Carbs



3

Fats

Banana Bread

Serves 26

Ingredients

7 Ripe Bananas, Mashed
120mls Almond Milk
380g Self Raising Flour
1½tsp Baking Soda
½tsp Salt
4tbsp Softened Butter
180g Light Brown Sugar
120g Egg Whites
1tsp Vanilla Extract
85g Walnuts (Chopped)

Method

Begin by preheating your oven to 180°C/350°F/gas 4 and greasing two loaf tins with baking spray. In a medium sized bowl, combine the flour, baking soda and salt and then set aside for the time being.

In a large bowl, cream the butter and sugar, with an electric mixer. After the butter and sugar have formed a fluffy mixture, add the egg whites and vanilla extract.

Whisk this at a medium speed until it has formed thick and glossy mixture. Gradually add the flour mixture to the larger bowl and blend at a low speed until it has all combined. After the flour has been mixed in, add the mashed bananas and blend at a low speed, slowly adding the almond milk, until it has formed a smooth batter.

The last stage before baking is to fold the chopped walnuts into the batter.

Pour the batter into the loaf tins and bake in the middle shelf of the oven for 50 minutes, or until a knife inserted into the centre of the loaf comes out clean.

Remove from the oven and let the loaf cool for 20 minutes, as the bread will be easier to slice at room temperature.

Store in the fridge for 3 days or freeze in slices for upto 1 month.



Calories



Protein



Carbs



Fats





Calories



Protein



Carbs



Fats

Chocolate Chip Cookies

Serves 6

Ingredients

1 Medium Ripe Banana
60g Vanilla Whey Protein Powder
40g Old Fashioned Oats
1tbsp Peanut Butter Unsalted
1tbsp Chocolate Chips Mini

Method

Preheat oven to gas mark 4.
Line large baking sheet with baking paper or silicone baking mat, and spray with cooking spray.

In a medium bowl, mash bananas, then slowly add the whey protein powder, oats and peanut butter. Stir well to combine.

The batter consistency will be runny. Add the chocolate chips and give a little mix.

Spoon mixture onto prepared baking sheet and shape them before baking for 12-14 minutes (depending on size). Cool on a cooling rack for 5 minutes.



Calories



Protein



Carbs



Fats



Calories



Protein




Carbs



Fats



 paul_wallace_fitness

 Designed and produced by @Nutritional_bear