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GLUTEN FREE
SNACKS

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Snack Time Any Time!

Who doesn't love snacking? It's no wonder that the retail snack industry is a multi-BILLION dollar industry! In America alone, in the years 2013-2014, retail snack dollar sales were \$124 BILLION! That is nuts!

But, unfortunately, a huge chunk of that is going to total junk - refined flours and sugar, processed foods, unhealthy oils, and more. That's why making your own snacks at home is going to be important for those wanting to follow a clean style of eating. Thankfully, it's EASIER than you may think!

Check out the fast and easy recipes in this book for some new snack ideas that will please the whole family. And, we even offer some easier snack ideas below.

Happy Snacking!

Fast and Easy Snack Ideas

- Hardboiled eggs
- Deviled eggs
- Hummus with crackers or veggies
- Homemade ranch dressing with sliced veggies
- Trail mix or granola
- Ants on a log (celery with nut butter and raisins)
- Meat and cheese wraps (a lettuce leaf with a slice of deli meat and string cheese, all rolled up). Dip in mustard, ranch, or dipping sauce of your choice.
- Nut butter and banana toast (or crackers)

- Sweet potato fries and dipping choice
- Gummies of any kind (made with grass-fed gelatin, juice, fruit, and natural sweetener)
- Slices of avocado, wrapped in a slice of sandwich meat
- Tuna or salmon salad on crackers or veggies
- Toast or crackers with cream cheese and figs (or use sliced fruit or jam of your choice). Drizzle with honey and chopped nuts if desired.
- Fruit skewers with fresh seasonal fruit of your choice. Dip in plain yogurt for a tangy, probiotic kick.
- Yogurt parfaits (layer yogurt of your choice with fruit, nuts, seeds, or granola for a delicious mid-afternoon treat).
- Homemade popcorn with real butter or seasoning of your choice.

We hope these ideas help you snack smarter and we've included 3 tasty snack recipes below courtesy of A Girl Worth Saving to get you started.



Paleo Herb Crackers

Servings: 4 servings

Ingredients

1/2 cup coconut flour
1/3 cup cassava flour
1 tablespoons arrowroot starch
1/2 teaspoon dried rosemary
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon onion powder
1/3 teaspoon sea salt
1/4 teaspoon baking soda
3 egg whites whisked
3 tablespoons coconut oil melted

Instructions

Preheat oven to 350° F and grease a baking sheet with a bit of coconut oil.

In a mixing bowl, combine the coconut flour, arrowroot, cassava flour, herbs, salt, and baking soda.

Mix in the egg whites and coconut oil.

Form the dough into a ball and press and pat it out on the baking sheet as thin as possible.

Bake for about 5 minutes.

Use a pizza cutter to cut into squares and bake for 25-20 more minutes, turning a couple times, or until golden browned and crisp.



Honey Chipotle Snack Mix

Ingredients

One 10oz bag of Unsweetened Banana Chips
2 cups of raw pecans
1/2 teaspoon ground black pepper
1/2 teaspoon cumin
1/4 teaspoon Chipotle powder
1/4 cup water
1 tablespoon butter or coconut oil
1/4 cup of honey
1/2 teaspoon sea salt

Instructions

Preheat the oven to 350 degrees. Line a baking sheet with parchment paper and set aside.

In a large pot, add the spices, honey butter and water and whisk until combined. Remove from the heat and then add in the pecans and banana chips and toss with a spoon until completely coated.

Pour nuts onto the parchment paper and pour any excess over the top but most of it will have been soaked up by the nuts and banana chips.

Bake for 15 to 18 minutes and let cool for 20 to 30 minutes before diving in.

Prep Time 10 mins
Cook Time 18 mins
Total Time 28 mins

Servings: 5 cups



Berry Gummies with Spinach

Course: Snack

Servings: 8 servings

Ingredients

- 1 cup frozen blueberries thawed
- 1 cup frozen strawberries thawed
- 2 cups fresh spinach packed
- 1 tablespoon lime juice
- 2-4 tablespoons B grade maple syrup
- ½ cup . gelatin
- ½ cup water

Instructions

In blender, combine the blueberries, strawberries, spinach, lime juice, and maple syrup.

Blend until very smooth.

Pour into a saucepan and bring to a boil.

While the liquid heats, dissolve the gelatin in the water.

As soon as the berry and spinach mixture boils, remove it from the heat and whisk in the gelatin.

Pour into molds or an 8" x 8" glass baking dish and chill until set.

Remove from molds or cut into squares.

Store in an airtight container in the refrigerator.