

Snacks



[Cheezy Kale Chips](#) (8/2/2015) - Kale chips make a great, nutrient-dense snack. Even picky little eaters will gobble them up. You can use just about any dressing to flavor the chips. For super simple kale chips, sprinkle on a little avocado oil (1 Tbsp/15 ml), tamari (1 Tbsp/15 ml) and lemon juice, lime juice or balsamic vinegar (2-3 Tbsp/30-45 ml). Toss [...]



[Seedy Vegetable Crackers](#) (8/1/2015) - These crackers are absolutely delicious, and nutritious. They bear little resemblance to boxed commercial crackers. I find that many of the healthier crackers on the market are difficult to digest – perhaps long cooking times cause this. These crackers are made from vegetables and seeds with herbs for seasoning – no flour, no oil, no [...]

[Nutty Cream Cheese](#) (8/1/2015) - Yield: 2 cups (6 to 8 servings) Cheese is the Achilles heel of many plant-based eaters. Commercial plant options looked like cheese, but that is where the similarity ended. The depth of flavor found in dairy-based cheese just couldn't be matched by non-dairy alternatives, until recently. Now fabulous plant-cheeses are making an appearance – [...]



[Super Seedy Energy Bars](#) (7/29/2015) - Energy bars make a healthy snack for active people or can supplement a light lunch. Commercial bars often higher in sugar than you might imagine. These provide protein from seeds and contain no added sugars (unless dark chocolate is used as a topping!)

Bars 3 cups (750 ml) dried fruit (well [...]



[Walnut Cookies](#) (7/29/2015) - I absolutely love these cookies. They contain no oil, no sugar and are gluten-free. They are also delicious and are an amazing source of omega-3 fatty acids! Makes 3 dozen small cookies. 2 cups (500 ml) pitted dates (loosely packed) 3/4 cup (185 ml) water 1/4 cup tahini or almond butter 1/4 cup ground flaxseed 2 [...]



[Mighty Carrot Raisin Muffins \(gluten-free, sugar-free, oil-free\)](#) (7/28/2015) - Commercial muffins are like little cakes with lots of fat, sugar and white flour. They are typically super-sized containing 400-500 calories. These muffins do not qualify as a healthy breakfast choice. They don't even qualify as a decent dessert. However, if you enjoy a muffin from time to time, bake a batch and freeze any you aren't [...]



[Stuffed Dates](#) (7/26/2015) - Makes about 46 stuffed dates These are beautiful treats. They freeze well and are delicious just slightly thawed. You can get creative with the decorations, but nuts work especially well. Dates 2 pounds (908 g) or about 46 large, soft, Medjool dates
Chocolate/Nut-butter Filling 2 cups (500 ml) dates, [...]