

## Snacking On-the-Go



## Get Seedy and Supercharged!

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With a few wholesome ingredients and no more than an hour in the kitchen, you can whip up some energizing snacks to take with you wherever you go!

## Seedy and Supercharged!

Whether you're buzzing around at work, spending the weekends hiking, cycling or training for a marathon, running through the airport or taking a road trip around the country, you'll need some portable snacks to keep you going!

Some of Mother Nature's best energizing nutrients come from plant foods, such as seeds. Chia, hemp and flax seeds offer a large nutritional pay-off for a relatively small price, which is why they are making their way into healthy meals and snacks, like smoothies, cereals, and energy bars. Which seed is the healthiest? They each shine in a different way, so include them all in your diet as often as possible.

Which is which?



Seed	Claim to Fame	Star Nutrient	Best Uses
<b>Chia</b>	Gentle fibre on the gut, very absorbent. Filler food for weight loss.	10g fibre per ounce Calcium and Magnesium	Puddings and smoothies to thicken
<b>Hemp</b>	Complete protein, contains all amino acids for vegetarians and vegans	Protein Vitamin E, Zinc	Smoothies and granola or energy bars
<b>Flax</b>	Contain lignans, linked to breast and prostate cancer prevention. Lots of fibre	Omega-3 fatty acids	Ground and sprinkled on yogurt, salads or used to make vegan 'flax egg' in baking

## Featured Recipes

When hunger strikes and you're on the go, non-perishable snacks are best to have on hand. Unfortunately pre-packaged snacks from the store can be loaded with unhealthy fats, salt, artificial flavours and too much sugar. With a few wholesome ingredients and no more than an hour in the kitchen you can whip up seedy and supercharged snacks to take with you wherever you go!

### Chocolate Chia Protein Bites

12-13 large pitted Medjool dates	¼ tsp (1mL) cinnamon
¼ cup (60mL) hulled hemp seeds	¼ tsp (1mL) fine grain sea salt, or to taste
¼ cup (60mL) chia seeds	¼ cup (60mL) raw cacao nibs (or mini dark chocolate chips)
¼ cup (60mL) sesame seeds	
¼ cup (60mL) cocoa powder	
½ tsp (2mL) pure vanilla extract	

1. Add dates to food processor and pulse until a chunky paste forms.
2. Add in the hemp, chia, sesame, cocoa, vanilla, cinnamon, and salt. Process until thoroughly combined. Pulse in the cacao nibs. The dough should be sticky when pressed between your fingers. If it's not sticky enough to shape into balls, add a small amount of water (a teaspoon at a time) and process until it comes together.
3. Shape dough into small balls (about 16) and freeze for 20 minutes or so until firm. Store leftovers in the freezer until your next snack attack hits.

Adapted from [www.ohsheglows.com](http://www.ohsheglows.com)

### Vegan Banana Flax Muffins

1 ½ cups (375mL) spelt flour	1 Tbsp (15mL) ground flax seeds mixed with 3 Tbsp (45mL) water (let this mixture sit for 10 minutes)
1 tsp (5mL) baking powder	
1 tsp (5mL) baking soda	
½ tsp (2mL) fine sea salt	½ cup (125mL) coconut or almond milk
3 large, very ripe bananas, mashed	1/3 cup (80mL) organic coconut oil, melted
½ cup (125mL) coconut sugar or brown sugar	½ cup (125mL) chopped walnuts (optional)

1. Preheat oven to 350°F (175°C).
2. In a medium bowl, whisk together flour, baking powder, baking soda, and salt; set aside.
3. In a large bowl, combine bananas, sugar, flax and water mixture, milk and melted coconut oil. Fold flour mixture into the banana mixture, and mix until smooth. Fold in walnuts, if using.
4. Rub a standard muffin tin with melted coconut oil (or use paper liners). Scoop out muffin batter into cups, filling about 2/3 full. Bake in preheated oven for 18-22 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool slightly before removing from the pan.

Adapted from [www.healthygreenkitchen.com](http://www.healthygreenkitchen.com)