



Snacks options:

1. Edamame bowl:

Ingredientes:

1 cup of frozen Edamame

3 cups of boiling water

1/4 Tea spoon of pink salt

1/2 lemon for seasoning

Instructions:

Boil the water in a small pot and add the salt

Add the Edamame to the boiling water and bring to a boil

Lower the flame and cook for 7-10 minutes

Drain squeeze the lemon juice to taste and serve



2. Vegetables with Avocado:

Ingredientes:

2 carrots

2 celery sticks

1/2 Avocado

Instructions:

Wash the celery thoroughly peel the carrot and cut all of the vegetables into stripes

Cut the avocado into cubes and mash

Season with salt and pepper

Lemon juice also greatly improves the flavor.





3. Banana date ice lolly:

(1 serving is 2 lollies)

- Please note- this snack has a little bit more calories, you can eat it only once a week.

Ingredientes:

- 1 ripe banana sliced
- 2 pitted dates
- 1/2 cup coconut milk
- 4 paper espresso cups
- 4 small ice lolly sticks



Instructions:

Peel and slice the banana and cut the dates into a few pieces.

Blend the banana dates and coconut milk in a food processor

Divide the mixture among the four cups

Put the cups in the freezer

After about 1/2 an hour insert the sticks into the center so that they will be stable in the center of the ice lolly

Freeze at least 2 hours

Before serving peel, the cups and serve

2 small and tasty ice lollies are equivalent to one snack

4. Greek yogurt and mixed berries

Ingredientes:

- 150 grams of low fat Greek yogurt
- 1 cup of frozen mixed berries

Instructions:

Mix together in a bowl and enjoy!

You can add ½ teaspoon of honey for taste





5. Cinnamon flax seed pudding

Ingredients:

1/2 cup cottage cheese.

1 tablespoon flaxseeds.

1/2 teaspoon cinnamon.

1/2 teaspoon of honey

Instructions:

Mix all ingredients together in a small bowl.



6. Kale chips and cottage cheese deep

Ingredients:

1 cup (67 grams) of bite-sized kale leaves

1 tablespoon (15 ml) of olive oil

1/4 teaspoons (1.5 grams) of salt

½ cup of cottage cheese

Instructions:

Mix all ingredients in a bowl. Place kale pieces on a parchment-lined baking sheet and bake at 350°F (175°C) for 10–15 minutes. Watch them closely, as they can easily burn. Deep them in the cottage cheese.



7. Tomato and Mozzarella Bites

Ingredients:

(1 Serving - 6 sticks- make sure you don't eat more than 60 grams of cheese per 1 serving)

20 grape or cherry tomatoes, halved

20 fresh basil leaves

20 small balls fresh mozzarella cheese (often labeled bocconcini)

salt and pepper to taste

½ cup balsamic vinegar

¼ cup extra virgin olive oil

20 toothpicks





Instructions:

Step 1

Using a toothpick, spear a half of a tomato, a leaf of basil, a mozzarella ball, and another half of a tomato. Repeat with remaining ingredients.

Step 2

Place on a serving dish and sprinkle with salt and pepper. Mix the vinegar and oil together in a small bowl to serve as a dipping sauce.