

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:

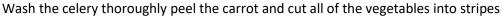
Ingredientes:

2 carrots

2 celery sticks

1/2 Avocado

Instructions:



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 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 cocunat 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 yougurt

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

1/4 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.