

Healthy



BY TASTEGIA

AT HOME

SNACKS

CONTENTS

CHAPTER

01

Energy Bites

CHAPTER

02

Veggie Sticks with Hummus

CHAPTER

03

Greek Yogurt Parfait

CONTENTS

CHAPTER

04

Apple Nachos

CHAPTER

05

Avocado Toast

CHAPTER

06

Banana Oat Cookies

CHAPTER

01

Energy Bites



01

Energy Bites

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup peanut butter (or almond butter)
- 1/4 cup honey
- 1/3 cup dark chocolate chips
- 1/4 cup flaxseeds



METHOD

- Mix all ingredients in a large bowl until well combined.
- Roll the mixture into small balls.
- Refrigerate for 30 minutes before serving.



02

Veggie Sticks with Hummus

INGREDIENTS

- 2 carrots
- 1 cucumber
- 1 red bell pepper
- 1 cup hummus



Veggie Sticks with Hummus

METHOD

- Slice the vegetables into thin sticks.
- Arrange them on a platter with hummus in the center.
- Dip and enjoy!



Greek Yogurt Parfait

INGREDIENTS

- 1 cup Greek yogurt
- 1/4 cup granola
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)



Greek Yogurt Parfait

METHOD

- Layer yogurt, granola, and berries in a glass or bowl.
- Repeat layers until the glass is full.
- Serve immediately.



INGREDIENTS

- 1 apple
- 2 tbsp peanut butter
- 1 tbsp chopped nuts (almonds, walnuts)
- 1 tsp honey



METHOD

- Slice the apple thinly and arrange the slices on a plate.
- Drizzle peanut butter and honey over the slices.
- Sprinkle chopped nuts on top.



INGREDIENTS

- 1 slice whole-grain bread
- 1/2 avocado
- Pinch of salt and pepper
- Optional: cherry tomatoes or red chili flakes



METHOD

- Toast the bread to your liking.
- Mash the avocado and spread it on the toast.
- Sprinkle with salt, pepper, and optional toppings.



INGREDIENTS

- 2 ripe bananas
- 1 cup rolled oats
- Optional: 1/4 cup dark chocolate chips or raisins



METHOD

- Preheat the oven to 350°F (175°C).
- Mash the bananas in a bowl and mix in the oats and optional ingredients.
- Scoop spoonfuls onto a baking sheet and flatten slightly.
- Bake for 15 minutes.

