



# HEALTHY SNACKS & APPS

Stress Less and Enjoy More



[www.kyautumn.com/stresscleanse](http://www.kyautumn.com/stresscleanse)



# HEALTHY SNACKS & APPETIZERS



## HERE'S YOUR GUIDE TO HEALTHY SNACKING!

We created this ebook to help you have healthy alternatives for snacking, especially when stressed!

It's packed with tips and recipes that will help you avoid stressors while feeling energized and satisfied.

You'll love the tips for swapping snacks and easy grab-and-go selections.

We've also included a dozen recipes that will help you beat cravings and find new favorites!

## WHAT'S INSIDE

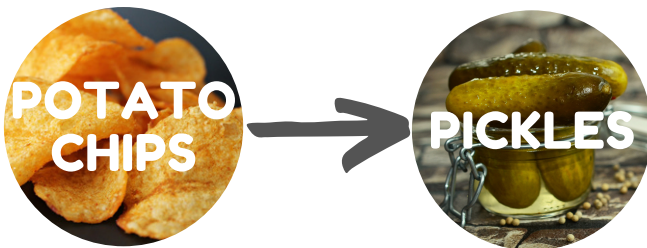
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# TASTY SNACK SWAPS

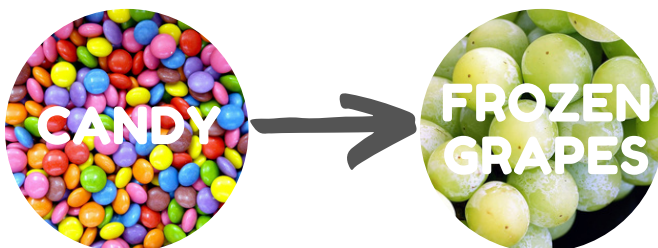
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Cravings happen! With a little planning you can head them off with smart swaps that will satisfy your taste buds AND help you avoid stress triggers. Here are some tips for making your own snack swaps.



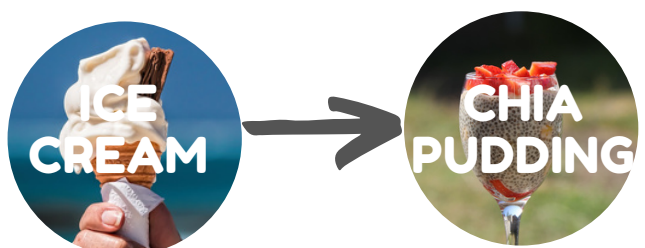
- ✓ Keep your swap in the same taste family (salty, sweet, savory, etc.)
- ✓ The same goes for textures: creamy, crunchy, chewy

- ✓ It should contain fewer calories
- ✓ Make sure it has more good-for-you nutrients



- ✓ Whole foods > boxed/canned/bagged foods
- ✓ Foods lower in added fat have fewer calories

- ✓ Your swap should have plenty of fiber and/or protein to keep you feeling full
- ✓ Check that it's low in added sugar



QUICK

# HIGH-ENERGY SNACKS



## *12 snacks to avoid sugar spikes & stress*

- |  |   |
|--|---|
| <b>01</b> ½ cup edamame                        | <b>07</b> 14 almonds                                    |
| <b>02</b> 24 pistachios                        | <b>08</b> 8 baby carrots + 2 tbsp hummus                |
| <b>03</b> 1 tbsp. nut butter + 2 celery stalks | <b>09</b> 1 frozen banana                               |
| <b>04</b> 1 cup blueberries                    | <b>10</b> ½ cup pumpkin seeds                           |
| <b>05</b> 1 hard-boiled egg                    | <b>11</b> 2 medium figs                                 |
| <b>06</b> 6 large shrimp                       | <b>12</b> ½ Lara or Kind bar (or other whole foods bar) |



# NICE CREAM

*makes 3 servings*

## INGREDIENTS

- 8 oz. (250g) frozen pineapple
- 1/2 cup (100g) banana slices or mango chunks (fresh or frozen)
- 1/2 tbsp lemon or lime juice

## DIRECTIONS

Combine all ingredients in a high-speed blender. Blend until smooth.

If you are using frozen bananas or mangos, you might need to add a little water or almond/coconut milk.

Serve immediately.

*Hint: Experiment with other fruits to create new flavor combos*



# BRUSSELS SPROUTS CHIPS

*makes 4 servings*

## INGREDIENTS

- 1 lb. (450g) Brussels sprouts
- 2 tbsp. extra-virgin olive oil
- Pink Himalayan salt
- Freshly ground pepper
- 1/4 cup (25g) Parmesan cheese or nutritional yeast

## DIRECTIONS

- Preheat oven to 400° F/200° C.
- Cut stem end from each sprout and remove as many leaves from the sprout as you can.
- Transfer the leaves to a large rimmed baking sheet. Toss with olive oil until each piece is evenly coated on both sides. Season with salt and pepper.
- Spread the Brussels sprouts evenly in a single layer on the baking sheet. Sprinkle with cheese or nutritional yeast.
- Bake for 10-12 minutes, until the Brussels sprouts are caramelized and starting to become crispy.
- Remove from oven and sprinkle with more Parmesan, if desired. Cool for at least 10 minutes before serving – they will become even crispier.



# DRIED PLUM "POPPERS"

*makes 1 serving*

## INGREDIENTS

- 3 prunes (or dried plums)
- 3 slices uncured sliced deli meat
- 3 tree nuts (walnuts, pecans, almonds, cashews)

## DIRECTIONS

- Stuff each dried plum with a nut, and wrap with deli meat.
- Enjoy!



# SWEET POTATO CHIPS & GUACAMOLE

*makes 2 servings*

## INGREDIENTS

- 1 large sweet potato
- 1 tbsp grass-fed butter or ghee, melted
- 1 tsp pink Himalayan salt
- 1 ripe avocado
- ½ tbsp lemon juice
- ½ clove crushed garlic
- Dash of pink Himalayan salt

## DIRECTIONS

- Preheat oven to 400° F/200° C. Slice the sweet potato into ¼-inch rounds and toss with the melted butter/ghee. Place on a parchment paper-lined baking sheet.
- Roast in the oven for 30-35 minutes, until crispy and golden. Remove and let cool slightly.
- Prepare guacamole by mashing remaining ingredients together in a bowl, using a fork. Taste to adjust seasonings. Place in refrigerator until sweet potato is cooked.
- Serve and enjoy!



# PECAN PIE ENERGY BALLS

*makes 16 balls*

## INGREDIENTS

- 3/4 cup (90g) pecans
- 2 tbsp chia seeds
- 1 cup (225g) pitted and chopped dates
- 1 tsp vanilla extract
- 1 tsp pumpkin pie spice
- Dash (or 2) pink Himalayan salt

## DIRECTIONS

- Preheat oven to 350°F/177°C. Line a baking sheet with parchment paper and place pecans on it, and toast in the oven for about 6 minutes.
- When they're out of the oven and cooled, add dates to a food processor and pulse until they are chopped.
- Add the nuts, vanilla, and salt, and process until fully combined and it sticks together like a dough, about 2-3 minutes. If it's too thick, add 1-2 tsp water.
- Remove the mixture from the processor and roll into 16 balls. Place in freezer for 15-20 minutes to firm, and then store covered in the refrigerator.



# 4-INGREDIENT PALEO CRACKERS

*Makes about 40 crackers*

## INGREDIENTS

- 2 cups (190g) almond flour
- 2 eggs
- ½ tsp salt (or to taste)
- ½ tsp ground pepper (or to taste)
- Optional: ½ cup grated parmesan

## DIRECTIONS

- Preheat oven to 350°F/177°C and line a baking sheet with parchment paper.
- Mix almond flour, eggs, salt, and pepper in a blender until it forms a dough.
- Roll the dough between 2 pieces of parchment paper until it's about ⅛-inch thick.
- Remove the top layer of paper and cut into shapes (squares are easiest).
- Place the crackers on the baking sheet and sprinkle with sea salt, freshly ground pepper and/or the parmesan cheese.
- Bake until lightly browned (about 12 minutes).
- Remove from oven and cool.



# ROASTED CAULIFLOWER HUMMUS

*makes 6 servings*

## INGREDIENTS

- 3 cups (320g) cauliflower florets, chopped
- 2 tbsp olive oil
- ½ tsp pink Himalayan salt
- 4 garlic cloves, minced
- 1.5 tbsp tahini paste
- Juice from ½ lemon
- 3 tbsp olive oil
- ¾ tsp pink Himalayan salt
- Optional: smoked paprika and extra olive oil for serving

## DIRECTIONS

- Preheat your oven 400° F/200° C. In a bowl, toss the cauliflower with the olive oil and salt. Place on a sheet pan and roast in the oven for about 20 minutes, until florets start to brown and caramelize.
- Place the cauliflower in a high-speed blender or food processor and add remaining ingredients. Blend until smooth (you might have to scrape down sides occasionally).
- Taste and adjust the seasonings. Place in bowl and drizzle with optional oil/paprika. Serve with veggies, fruit, almond crackers, etc.



# PROSCIUTTO CHIPS

*makes 2 servings*

## INGREDIENTS

- 3 oz. (85g) thinly sliced Prosciutto ham

## DIRECTIONS

- Preheat your oven to 350°F/177°C.
- Line a baking sheet with a piece of parchment paper. Place the prosciutto slices in a single layer on top, being careful not to overcrowd.
- Bake for 10 to 15 minutes (thicker slices will take longer), until they get crispy. Make sure they don't burn.
- Remove from oven and place your chips on a wire rack to cool, whether they will get even crunchier.
- Use these as a salad topper, snacking chip, or tossed with veggies for texture and flavor.





# MONKEY SALAD

*makes 1 serving*

## INGREDIENTS

- Handful of blueberries
- Handful of nuts (cashews, pecans, or walnuts)
- 1 sliced banana
- Sprinkle of cinnamon
- Handful of coconut flakes (optional)
- 1 tbsp almond butter (optional)

## DIRECTIONS

- Place the fruit and nuts in a bowl and gently toss.
- Sprinkle with cinnamon and optional coconut flakes and almond butter.
- Enjoy!



# BAKED BUFFALO WINGS

*serves 8 as appetizer, 2 as meal*

## INGREDIENTS

- 2½ pounds (1kg) chicken wings
- 2 tbsp olive oil
- 2 tsp Pink Himalayan salt
- 2 tsp black pepper
- 1 tbsp garlic powder
- ¼ cup (50g) melted grass-fed butter or ghee
- ½ cup (100g) Frank's Original Red Hot sauce

## DIRECTIONS

- Heat oven to 400° F/200° C. Line a baking sheet with foil and place a wire rack on top of it.
- Make sure your wings are dry (pat with paper towel) and place in a large bowl. Add the oil, salt, garlic powder and pepper and toss until coated.
- Place wings on the wire rack with the skin side up and bake for 40 minutes.
- Just before they're done, heat the butter and hot sauce in a saucepan until warm. When the wings are done, coat them in the sauce and place back on the rack. Bake for 5 minutes and then repeat, coating/baking again.
- Serve with your favorite dressing!



# SUPER SIMPLE BANANA PUDDING

*makes 2 servings*

## INGREDIENTS

- 1 ripe banana peeled and sliced
- 1/4 cup (60ml) nut milk
- 1½ tbsp chia seeds
- Dash of vanilla extract and cinnamon (optional)

## DIRECTIONS

- In a high-speed blender or food processor, combine the banana and nut milk. Process until smooth.
- Add the chia seeds, vanilla, and cinnamon and blend for 15-20 seconds to mix.
- Pour mixture into a bowl and chill 30-60 minutes so chia seeds can absorb liquid. Eat and enjoy!



# CHIPOTLE- ROASTED NUTS

*Makes 12 servings*

## INGREDIENTS

- 3 cups (450g) raw nuts (almonds or cashews work best)
- ½ tsp chipotle chili powder
- ½ tsp smoked paprika
- 1 tbsp olive oil
- 1 tsp Pink Himalayan sea salt

## DIRECTIONS

- Preheat oven to 325°F/165°C and line a baking sheet with parchment paper
- Toss the nuts in a large bowl with the rest of the ingredients. Spread the nuts on a single layer on the baking sheet.
- Roast for 25-30 minutes, taking them out every 10 minutes and stirring so the nuts will evenly brown.
- When they're done, you can add extra salt if you want, and allow them to cool before serving. Store in a covered container in the refrigerator or at room temperature.





# HEALTHY EATING WITHOUT STRESS

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Enjoy this guide to help you reduce stress  
with healthy snack choices and recipes!  
**Stop feeding the Stress Cycle with high  
sugar and unhealthy fats**

**Want a complete stress-care system to  
help you fully master stress?**

## THE STRESS CLEANSE IS NOW ENROLLING!



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