

# **Holiday Snacks**

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# **Holiday Snacks**

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	Keto Snack Plate	Crackers with Pear, Cheese & Honey	Fruit Skewers	Apple Crumble Bites	Thyme Roasted Grapes With Brie	Prosciutto Wrapped Avocado	Broccoli Cheddar Bites
Snack 2	Green Chicken Sliders	Chocolate Dipped Clementines	Roasted Tomato & Basil on Toast	Turkey, Greens & Avocado Wraps	Tamari Almonds	Goat Cheese Zucchini Rolls	Apple Sausage Bites

# **Holiday Snacks**

42 items

Fruits	Vegetables	Bread, Fish, Meat & Cheese		
3 Apple	16 grams Basil Leaves	189 grams Brie Cheese		
4 Avocado	1 head Boston Lettuce	504 grams Cheddar Cheese		
2 Clementines	546 grams Broccoli	454 grams Extra Lean Ground Chicken		
138 grams Grapes	1 Cucumber	8 slices Gluten Free Bread		
1 Kiwi	2 Garlic	112 grams Goat Cheese		
1 Pear	42 grams Kale Leaves	454 grams Pork Sausage		
72 grams Strawberries	85 grams Microgreens	169 grams Prosciutto		
	2 grams Thyme	400 grams Sliced Turkey Breast		
Seeds, Nuts & Spices  143 grams Almonds 3 grams Cinnamon 104 grams Ground Flax Seed	4 Tomato 4 Zucchini	Condiments & Oils		
	Boxed & Canned	2 milliliters Coconut Oil 44 milliliters Extra Virgin Olive Oil		
1 gram Oregano	121 milliliters Canned Coconut Milk	134 grams Green Olives		
12 grams Sea Salt	120 grams Seed Crackers	213 grams Sauerkraut		
0 Sea Salt & Black Pepper	Baking	36 grams Tamari  Cold		
	45 grams Dark Chocolate Chips 21 grams Raw Honey	2 Egg		
		12 Barbecue Skewers		



## **Keto Snack Plate**

4 ingredients · 5 minutes · 4 servings



### **Directions**

1. Assemble all ingredients onto a plate. Enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

#### Dairy-Free

Omit the cheese or use nuts and seeds instead.

#### No Prosciutto

Use another type of deli meat.

## Ingredients

84 grams Prosciutto

224 grams Cheddar Cheese (sliced)

1 Cucumber (sliced)

134 grams Green Olives



## **Crackers with Pear, Cheese & Honey**

5 ingredients · 5 minutes · 4 servings



#### **Directions**

1. Assemble the crackers on a plate. Top with pear slices and cheddar cheese. Drizzle honey over top and add thyme. Enjoy!

#### **Notes**

#### Leftovers

These are best served immediately after making.

#### Make it Vegan

Use a vegan cheese and omit the honey.

#### No Pear

Use an apple instead.

## Ingredients

120 grams Seed Crackers

1 Pear (sliced thin)

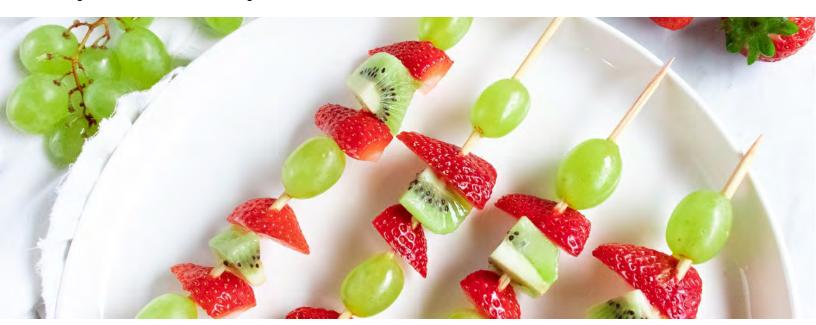
224 grams Cheddar Cheese

21 grams Raw Honey

400 milligrams Thyme (fresh)

## **Fruit Skewers**

4 ingredients · 10 minutes · 4 servings



#### **Directions**

1. Take the wooden skewers and thread a chopped strawberry, kiwi and grape one at a time. Repeat until each skewer is full. Serve and enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

#### Serving Size

One serving is equal to three skewers.

#### More Flavor

Add a chopped banana or apple. Sprinkle the skewers with cinnamon.

#### No Wooden Skewers

Make it into a fruit salad instead.

## Ingredients

12 Barbecue Skewers

72 grams Strawberries (sliced)

1 Kiwi (chopped)

46 grams Grapes

## **Apple Crumble Bites**

4 ingredients · 35 minutes · 4 servings



#### **Directions**

- 1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 3. Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- **4.** Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

#### Notes

#### Leftovers

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

#### **Serving Size**

One serving is approximately 6 to 8 wedges, or half of an apple.

#### More Flavor

Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

#### Serve it With

Drizzle of honey or yogurt for dipping.

#### **Apple**

Gala apples were used to create this recipe.

#### Ingredients

121 milliliters Canned Coconut Milk

52 grams Ground Flax Seed

3 grams Cinnamon

**2** Apple (medium; cored and sliced into 1/2-inch wedges)



## **Thyme Roasted Grapes With Brie**

4 ingredients · 30 minutes · 4 servings



#### **Directions**

- 1. Preheat the oven to 450°F (232°C).
- 2. Place the grapes on one half of the baking sheet. Gently toss in oil and thyme. Roast for 20 minutes, then remove from oven and stir the grapes.
- Line the other half of the baking sheet with parchment paper. Place brie on top and return to oven. Bake for 5 to 10 more minutes or until grapes are soft and slightly charred, and brie is soft.
- 4. Transfer the brie to a tray and top with roasted grapes. Enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to four days. Warm-up in the oven before serving.

#### Servina Size

One serving equals approximately 1/4 cup of brie and 1/4 cup of roasted grapes.

#### **Additional Toppings**

Serve it with crackers or crusty bread.

#### **No Roasted Grapes**

Use cranberry sauce, any jam, fruit spread or chutney instead.

#### Ingredients

92 grams Grapes (seedless)

10 milliliters Extra Virgin Olive Oil

2 grams Thyme (fresh)

189 grams Brie Cheese (whole, round)



## **Prosciutto Wrapped Avocado**

3 ingredients · 10 minutes · 4 servings



#### **Directions**

- 1. Slice the prosciutto pieces in half. Wrap one piece around one slice of avocado. Repeat until all of the avocado slices are wrapped.
- 2. Top with sea salt and black pepper. Enjoy!

#### Notes

#### Leftovers

These are best enjoyed the same day. For best results, slice the avocado just before enjoying.

### Serving Size

One serving is approximately four prosciutto-wrapped avocado slices.

#### More Flavor

Add garlic powder.

#### **Additional Toppings**

Chopped walnuts and/or sesame seeds.

#### Make it Vegan

Wrap seaweed around the avocado instead of prosciutto.

### Ingredients

85 grams Prosciutto

2 Avocado (sliced)

Sea Salt & Black Pepper (to taste)



#### **Broccoli Cheddar Bites**

6 ingredients · 35 minutes · 4 servings



#### **Directions**

- Bring a pot of water to a boil. Place the broccoli in a steamer basket over the boiling water and cover for about 5 to 7 minutes or until fork-tender. Allow the broccoli to cool slightly.
- 2. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3. Finely chop the steamed broccoli and add to a large mixing bowl with the egg, garlic, cheese, flax and salt. Stir to combine.
- Using damp hands, roll the broccoli mixture into 1-inch balls and place on the prepared baking sheet.
- 5. Bake for about 15 minutes or until the balls are golden brown on the bottom and just spongy to the touch. Enjoy!

#### Notes

#### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to a month.

#### Serving Size

One serving is about 8 bites.

#### **Dairy-Free**

Use a dairy-free cheese instead.

#### More Flavor

Add finely chopped green onion, onion powder or dried parsley.

#### Serve it With

Ranch dip or marinara sauce.

#### No Broccoli

Use cauliflower instead.

#### Ingredients

364 grams Broccoli (cut into florets)

2 Egg

2 Garlic (clove, minced)

56 grams Cheddar Cheese (shredded)

52 grams Ground Flax Seed

3 grams Sea Salt



## **Green Chicken Sliders**

7 ingredients · 30 minutes · 4 servings



#### **Directions**

- 1. Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 2. Preheat grill to medium heat.
- 3. Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 4. Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

#### **Notes**

#### Serving Size

One serving is equal to two sliders.

#### **More Carbs**

Serve on a bun or on top of rice.

#### **Topping Ideas**

Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

#### Leftovers

These keep well in an airtight container in the fridge up to three days or freeze for up to three months.

### Ingredients

454 grams Extra Lean Ground Chicken

1 gram Oregano (dried)

**5 grams** Sea Salt

42 grams Kale Leaves (very finely chopped)

182 grams Broccoli (very finely chopped)

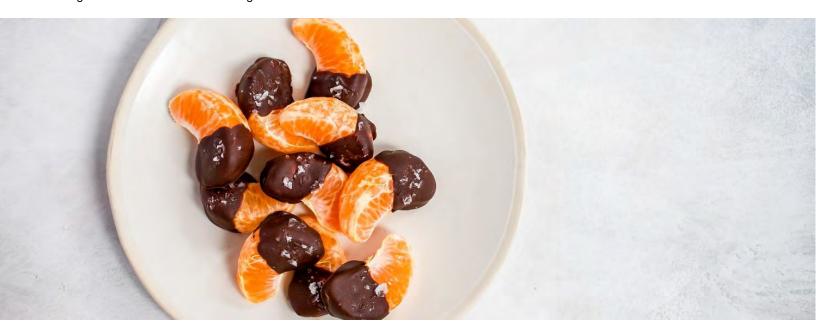
15 milliliters Extra Virgin Olive Oil

1 head Boston Lettuce



## **Chocolate Dipped Clementines**

4 ingredients · 25 minutes · 2 servings



#### **Directions**

- In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 2. Dip each segment of clementine half way into the chocolate. Place on a plate and top with salt, if using. Continue with all slices and refrigerate until hardened, about 20 minutes. Enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to two days.

## Ingredients

45 grams Dark Chocolate Chips

2 milliliters Coconut Oil

2 Clementines (peeled, sectioned)

2 grams Sea Salt (flaky, optional)



## **Roasted Tomato & Basil on Toast**

5 ingredients · 20 minutes · 4 servings



#### **Directions**

- 1. Preheat the oven to 400°F (205°C). Line a baking sheet with foil or parchment paper.
- Place the tomatoes on the baking sheet. Gently toss with the oil, half the basil, and salt. Roast for 15 minutes.
- 3. Spread the roasted tomatoes and basil overtop each slice of toast and sprinkle with the remaining basil. Enjoy!

#### **Notes**

#### Leftovers

Refrigerate the roasted tomatoes in an airtight container for up to five days.

#### **Serving Size**

One serving equals approximately two slices.

#### **Additional Toppings**

Add garlic, balsamic vinegar or parmesan.

### Ingredients

4 Tomato (large, cut into quarters)

20 milliliters Extra Virgin Olive Oil

16 grams Basil Leaves (finely chopped, divided)

3 grams Sea Salt

8 slices Gluten-Free Bread (toasted)



## **Turkey, Greens & Avocado Wraps**

3 ingredients · 5 minutes · 4 servings



#### **Directions**

Layer the sliced avocado on top of the sliced turkey breast and top with microgreens.
 Roll into a wrap and serve!

#### **Notes**

#### No Turkey

Use chicken or another deli meat instead

#### More Flavour

Add a condiment such as mustard or mayonnaise. Add spices of your choice.

#### Leftovers

Best enjoyed immediately but can be stored in the fridge for up to two days. Sprinkle the avocado with lemon juice to prevent browning.

## Ingredients

2 Avocado (sliced thin)400 grams Sliced Turkey Breast85 grams Microgreens



## **Tamari Almonds**

2 ingredients · 20 minutes · 4 servings



#### **Directions**

- Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
- 2. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 3. When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8 to 10 minutes, stirring well halfway through.
- 4. Remove from the oven and let the almonds cool completely. Enjoy!

#### **Notes**

#### Leftovers

Keep in an airtight container for up to a week.

#### Serving Size

One serving is about 1/4 cup almonds.

#### More Flavor

Add a pinch of cayenne pepper.

#### No Almonds

Use another nut.

### Ingredients

143 grams Almonds36 grams Tamari



## **Goat Cheese Zucchini Rolls**

2 ingredients · 10 minutes · 4 servings



#### **Directions**

- 1. Spread a thin layer of goat cheese on each slice of zucchini.
- 2. Gently roll them into small wraps and enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

#### Serving Size

One zucchini makes approximately 12 rolls.

#### Dairy-Free

Use cashew cream cheese instead.

#### More Flavor

Mix in your choice of fresh herbs into the goat cheese. Drizzle with extra virgin olive oil.

## Ingredients

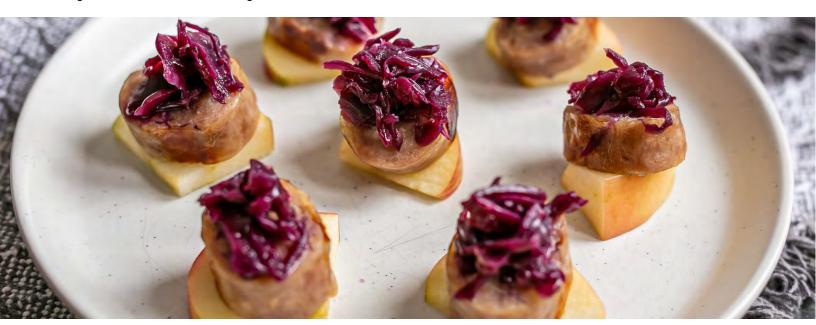
112 grams Goat Cheese (crumbled)

4 Zucchini (trimmed, sliced length-wise)



## **Apple Sausage Bites**

3 ingredients · 20 minutes · 4 servings



#### **Directions**

- 1. Preheat the oven to 425°F (218°C).
- 2. Place the sausage on a pan and bake for 20 minutes or until cooked through. Cut into slices when cool enough to handle.
- 3. Stack the sausage on top of each apple slice and garnish with sauerkraut. Enjoy!

#### **Notes**

#### Leftovers

Refrigerate in an airtight container for up to three days.

#### Serving Size

One serving is approximately six pieces.

#### Make it Vegan

Use marinated tofu, tempeh or chopped vegan burgers instead of sausage.

## Ingredients

454 grams Pork Sausage

1 Apple (core removed, sliced)

213 grams Sauerkraut

