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## 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

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- 3 Apple
- 4 Avocado
- 2 Clementines
- 138 grams Grapes
- 1 Kiwi
- 1 Pear
- 72 grams Strawberries

## Seeds, Nuts & Spices

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- 143 grams Almonds
- 3 grams Cinnamon
- 104 grams Ground Flax Seed
- 1 gram Oregano
- 12 grams Sea Salt
- 0 Sea Salt & Black Pepper

## Vegetables

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- 16 grams Basil Leaves
- 1 head Boston Lettuce
- 546 grams Broccoli
- 1 Cucumber
- 2 Garlic
- 42 grams Kale Leaves
- 85 grams Microgreens
- 2 grams Thyme
- 4 Tomato
- 4 Zucchini

## Boxed & Canned

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- 121 milliliters Canned Coconut Milk
- 120 grams Seed Crackers

## Baking

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- 45 grams Dark Chocolate Chips
- 21 grams Raw Honey

## Bread, Fish, Meat & Cheese

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- 189 grams Brie Cheese
- 504 grams Cheddar Cheese
- 454 grams Extra Lean Ground Chicken
- 8 slices Gluten Free Bread
- 112 grams Goat Cheese
- 454 grams Pork Sausage
- 169 grams Prosciutto
- 400 grams Sliced Turkey Breast

## Condiments & Oils

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- 2 milliliters Coconut Oil
- 44 milliliters Extra Virgin Olive Oil
- 134 grams Green Olives
- 213 grams Sauerkraut
- 36 grams Tamari

## Cold

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- 2 Egg

## Other

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- 12 Barbecue Skewers

# Keto Snack Plate

4 ingredients · 5 minutes · 4 servings



## Directions

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1. Assemble all ingredients onto a plate. Enjoy!

## Notes

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### 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

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**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

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

## Notes

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### 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

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**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

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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

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### 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

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12 Barbecue Skewers

72 grams Strawberries (sliced)

1 Kiwi (chopped)

46 grams Grapes

# Apple Crumble Bites

4 ingredients · 35 minutes · 4 servings



## Directions

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1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. 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

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### 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

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**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

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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.
3. 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

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### Leftovers

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

### Serving 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

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**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

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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

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### 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

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**85 grams** Prosciutto

**2** Avocado (sliced)

Sea Salt & Black Pepper (to taste)

# Broccoli Cheddar Bites

6 ingredients · 35 minutes · 4 servings



## Directions

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1. 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.
4. 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

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### 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

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- 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

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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

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### 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

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- 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

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1. 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

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### Leftovers

Refrigerate in an airtight container for up to two days.

## Ingredients

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- 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

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1. Preheat the oven to 400°F (205°C). Line a baking sheet with foil or parchment paper.
2. 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

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### 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

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- 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

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

## Notes

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### 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

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- 2 Avocado (sliced thin)
- 400 grams Sliced Turkey Breast
- 85 grams Microgreens



# Tamari Almonds

2 ingredients · 20 minutes · 4 servings



## Directions

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1. 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

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### 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

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**143 grams** Almonds

**36 grams** Tamari

# Goat Cheese Zucchini Rolls

2 ingredients · 10 minutes · 4 servings



## Directions

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

## Notes

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### 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

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**112 grams** Goat Cheese (crumbled)

**4** Zucchini (trimmed, sliced length-wise)

# Apple Sausage Bites

3 ingredients · 20 minutes · 4 servings



## Directions

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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

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### 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

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- 454 grams** Pork Sausage
- 1** Apple (core removed, sliced)
- 213 grams** Sauerkraut