

# HEALTHY SNACKS

## RASPBERRY RAW BALLS

1 cup of raw almonds, 1 cup of frozen raspberries, 1/2 cup of desiccated coconut, 3 Medjool dates with seeds removed.

Start by crushing the almonds in the food processor for a minute or so before adding the rest of the ingredients. Once processed take the mixture out and form the balls with your hands. Store in the fridge



## OTHER SAVOURY SNACKS

Vegetables (cucumber, celery, carrots) with hummus or guacamole dip.

Anchovies, sardines or avocado on wholegrain crackers or toast.

## ALMOND RAW BALLS

1 cup of almond butter, 3 tbsp of melted coconut oil, 1 cup of oats, 1/2 cup of shredded coconut and 1 tbsp of honey.

Mix all ingredients in a bowl until they all blend evenly then roll small balls with your hands. Store in the fridge



## ALMOND CRACKERS

Mix 2 cups of almond meal and 1 egg until you reach a dough consistency. Then flatten the dough with a pin into a flat and thin base. Put it in the oven and bake for 10min at medium heat.



## ON THE GO SNACKS

Olives  
Almonds, pecan nuts, walnuts  
Trail Mix  
Handful of Berries  
Dark Chocolate with no added sugar  
Apple and almond butter  
Banana and almond butter  
Coconut milk yoghurt and berries  
*Deliciously Ella* raw balls  
(at *Sainsbury's, Boots, Waitrose...*)  
*RX* protein bar