

Quick + Nutrient Dense Snacks

with options free of gluten, nuts, soy, eggs, and dairy

Grocery list inspiration:

Allergen-Free

- Quinoa
- Rice
- Millet
- GF bread
- GF crackers
- GF granola
- Popcorn
- Leafy greens such as kale, spinach, or collard greens
- Celery
- Cucumber
- Broccoli
- Carrots
- Apples
- Bananas
- Berries
- Dates
- Dried figs
- Goji berries
- Coconut flakes
- Raisins
- Avocados
- Seeds such as sunflower or pumpkin
- Hummus
- Tahini
- Sunflower butter
- Vegan + nut-free pesto
- Coconut yogurt
- Corn or seed tortilla chips
- Vegan dark chocolate
- Dried seaweed
- Sliced turkey
- Sauerkraut
- Canned beans
- Salsa

If not avoiding common allergens:

- Lara Bars
- Nut butter
- Eggs
- Kefir
- Mixed nuts
- Cheese
- Cottage cheese

Combination Options

- Avocados + salt, pepper, and/or cayenne
- Raw vegetables + hummus or vegan & nut-free pesto
- Coconut yogurt + GF granola + berries
- Apples or bananas + sunflower butter
- Rice crackers or GF toast/crackers with toppings of choice: tahini, sunflower butter, avocado, olive oil, sauerkraut, vegan & nut-free pesto, or hummus, sliced turkey and cucumber.
- Corn or seed tortilla chips + hummus, salsa, or avocado
- Quinoa, rice, or millet (*prepare in bulk*) + avocado, hummus/canned beans, steamed greens, sauerkraut, topped with olive oil
- Homemade trail mix with options such as: seeds, raisins, dark chocolate, goji berries, coconut flakes, and/or popcorn

If not avoiding common allergens

- Rice crackers or toast + nut butter + berries
- Hardboiled or hard steamed eggs + pesto
- Kefir + berries
- Crackers + cheese/cottage cheese

Notes

GF = gluten-free

Always check for potential allergens when buying pre-packaged foods.

Simple + Nutrient Dense Recipes

free of gluten, nuts, soy, eggs, and dairy

Oatmeal-Sesame Cookies

Source: *Mother Food* | Makes about 25 cookies

What you'll need

- 2 cups oatmeal*
- 1 cup raisins, dried figs, or dates
- 2 teaspoons cinnamon or powdered aniseed
- 1/2 cup honey
- 2/3 cup sesame paste (tahini)

Directions

1. Preheat oven to 350 degrees F.
2. Mix all ingredients together.
3. Drop by spoonfuls onto non-greased cookie sheet.
4. Bake for 10-12 minutes.
5. Let cool on the cookie sheet.

**Although oats do not contain gluten, many are packaged and processed in facilities where gluten is handled. For those who are celiac, or sensitive to gluten, I recommend Bob's Red Mill Gluten Free Rolled Oats as their product is thoroughly tested for the absence of gluten and packaged in their 100% gluten-free facility.*

Creamy Avocado Banana Green Smoothie

Source: *Minimalist Baker* | Serves: 1-2

What you'll need

- A high speed blender
- 1 large ripe, peeled, sliced + frozen banana
- 1/4 - 1/2 ripe avocado (*more avocado = creamier and thicker smoothie*)
- 1 scoop plain or vanilla protein powder (*double check for potential allergens*)
- 1 large handful greens of choice (*such as spinach, kale, or rainbow chard*)
- 3/4 - 1 cup unsweetened coconut or hemp milk
- 1 tablespoon seeds of choice (*hemp, flax, pumpkin, sesame, sunflower, or chia*)
- 1/2 cup sliced + frozen (or fresh) cucumber or berries (*optional*)

Directions

1. Add all ingredients to a high-speed blender and blend until creamy and smooth. Taste and adjust based on your taste preference.
2. Best when fresh, although excess smoothie will keep covered in fridge for up to 24 hours.

Nutrient Highlight: *Flaxseed's many benefits include regulating menstrual cycles, lowering blood pressure, and lowering the risk of osteoporosis. Their mechanism of action is to bind to toxins and excess estrogen, and through their high insoluble fiber content, eliminate them through healthy bowel movements. Besides fiber, flaxseeds are an excellent source of omega-3 fatty acids.*

Kitchen Pearl: *You will only reap the benefits of flaxseed's fat and fiber if they are consumed ground-up. However, pre-ground flax found in stores is often puffed with nitrogen, so it is best to grind the seeds up yourself before use. Always keep whole and ground flaxseeds in your fridge or freezer to prevent oxidation.*

Summer Tomato Avocado Soup

Source: FAME cookbook | Serves: 6

What you'll need

- Blender
- 4 large tomatoes, diced
- 1/2 red onion, diced
- 1/2 cucumber, diced
- 1/2 red pepper, diced
- 1 clove garlic, crushed and minced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 3/4 teaspoon salt
- 1/2 teaspoon cumin
- 1/8 teaspoon cayenne (*optional*)
- 3 avocados, diced
- 2 tablespoons chopped cilantro
- Sour cream, plain yogurt, or coconut yogurt (*optional; omit or use coconut yogurt to keep dairy free*)

Directions

1. Add diced tomato, red onion, cucumber, red pepper, garlic, olive oil, apple cider vinegar, and all spices into a blender, and blend until creamy.
2. Chill for one hour in the refrigerator.
3. Serve soup in a bowl with diced avocado, cilantro, and a dollop of sour cream/yogurt (*optional*).

Turkey Avocado Roll-Ups

Source: FAME cookbook | Serves: 4

What you'll need

- 8 slices of turkey
- 1/2 cup hummus
- 1 cup baby spinach
- 1 medium avocado, thinly sliced
- 1 cucumber, chopped
- 4 collard green leaves

Directions

1. Spread a spoonful of hummus on a slice of turkey. Lay a few pieces of spinach flat on the hummus. Place avocado and cucumber at one end of the turkey slice and roll it up. Use a toothpick to hold the roll together, if needed.
2. You may also choose to place a blanched* collard green leaf under the turkey slice and follow the directions above.

**To blanch collard leaves, begin by cutting off the thick stem just below the bottom of the leaf. Heat water in a medium pot (not boiling). Use tongs to dip each leaf into the hot water for 5-10 seconds. The leaf should turn a bright green color and soften. Next, dip leaf into a cold-water bath, or rinse under cold running water. You are now ready to roll ingredients into your leaf.*

Note:

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