



**STRESS
LESS
WEEK** 

SNACKS & SMOOTHIES
EAT WELL FOR WELLBEING

Study *ಶಿಕ್ಷಣ* Snacks *ಹಿಟ್ಟು*

Chia Energy Balls

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- 3/4 cup rolled oats
- 1/4 cup shredded coconut
- 4 Tbsp honey/agave/maple syrup - gently warmed
- A big pinch of cinnamon
- 1 Tbsp chia seeds
- 1/4 cup peanut or almond butter

Any other seeds, nuts, or dried fruit that you like chopped finely, or dark chocolate nibs if you have a sweet tooth.

You can either place all ingredients into food processor/blender and blend away until a moist/wet mixture is formed, or put everything in a big bowl and mix together well.

Use a spoon or your hands and scoop the mixture into balls. Store balls in a container and chill in the fridge - Yum!



Healthy Peanut Butter Cookies

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A quick and easy, four-ingredient recipe for healthy peanut butter cookies. These are delicious, gluten-free and suitable for vegetarians and vegans.
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- 1 cup almonds (or almond meal)
 - 1 cup pitted medjool dates
 - 1/2 cup natural peanut butter (or other nut butter)
 - 1 1/2 teaspoons pure vanilla extract
 - 1/2 cup shredded coconut (optional)
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Put all ingredients into a blender and blend until the mixture starts to form a dough.

Form the dough into walnut-sized balls and place on a sheet of parchment paper.

Press each ball gently with a fork to flatten slightly.

For a sweeter taste, drizzle with maple syrup, agave or honey.

Store in the refrigerator.



Kale Chips

Every hipster's favourite thing right now. And seriously, they are delicious. You can buy kale from most supermarkets, green grocers and markets.

1 bunch of curly kale

Olive oil

Salt, to taste

Preheat the oven to 180°C. Line a large, flat oven tray with foil and grease lightly.

Take a large bunch of curly kale (it shrinks when it cooks) and strip the leaf part off the stem by holding the stem and running your hand downwards.

Wash the leaves and dry thoroughly (wet leaves won't get crispy in the oven).

Place the kale on the oven tray and sprinkle generously with olive oil. Use your hands to rub the oil all over them.

Spread the kale out on the tray into a single layer.

Cook in the oven for about 15 minutes until crispy. Check often, to ensure it doesn't burn.

Sprinkle salt over the kale chips and crunch them as you study.

Popcorn

So fast and delicious! If you are craving chips or salty snacks, go for popcorn instead – it's a healthy, wholegrain food. When you make it yourself you can control the amount of salt you put in, and it won't be deep fried or contain any MSG or other food additives. You can buy 'popping corn' from the supermarket and it lasts for ages in the cupboard. By adding the salt at the start it will coat the popcorn evenly.

3 Tbsp olive oil

2 tsp salt

1/3 cup popping corn

Salt, to taste

Put all ingredients in a medium saucepan with a lid. Heat on medium heat until the popcorn starts to pop! Then turn the heat down a little.

Keep popping for a couple of minutes until the pops slow down and then take the saucepan off the heat so the bottom doesn't burn

When the popping stops, pour into a big bowl and devour! You might like to add pepper or chilli flakes too!



Dips and Pita Chips

These are dips that you can make without a food processor. Make a batch and keep it in the fridge to snack on with carrots or celery, or try our pita chips! Dips are much tastier at room temperature, so take it out of the fridge a little while before you want to eat it.



Pumpkin

Take off the skin, scoop out the seeds, cut into chunks and roast at 180 degrees for 20 minutes or until very soft. Mash with a fork or potato masher and stir in the following until well combined:

- » 1 minced garlic clove
- » 1 Tbsp natural yoghurt
- » A handful of chopped coriander leaves
- » A glug of olive oil
- » Salt and pepper to taste

Avocado

Mash together the following until well combined:

- » 1 ripe, soft avocado
- » 3 Tbsp natural yoghurt
- » Juice of 1/2 a lemon
- » 1 minced garlic clove
- » 2 tsp ground cumin
- » Salt and pepper to taste

Hummus

Your hummus will be chunkier without blending it, but still delicious and you can just say it's 'authentic'. If you have a blender, you can just throw everything in together without heating the chickpeas, and blend until smooth.

Tahini is a ground sesame seed paste, available from middle eastern grocers. You should also be able to find it in the 'healthy' section of the supermarket.

Drain one can of chickpeas, put into a bowl and heat through in the microwave until piping hot (this will make them easier to mash by hand).

Mash with a potato masher and add:

- » Juice of 1 lemon
- » 2 Tbsp of tahini
- » 1 minced garlic clove
- » Salt and pepper to taste

Drizzle with olive oil to serve.

Pita Chips

Preheat the oven to 200°C.

Take a few pieces of flat bread like Lebanese bread or pita bread- however many you need

Rub olive oil onto the bread, sprinkle with salt and bake on an oven tray for 10 minutes until browned and crispy

You can sprinkle some paprika or other spices over the bread once it's cooked, break it into pieces and dip into those dips!



🌿
FIVE EASY
GREEN SMOOTHIE
RECIPES
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Green smoothies are finely blended, plant-based drinks that are packed with leafy greens and fruits. The minute you get over the colour and actually taste one, you will be absolutely amazed at how delicious they really are!

It can be challenging to eat enough leafy greens. When was the last time you sat down and enjoyed eating two whole cups of raw spinach or kale? Probably almost never, right? Well, that's about to change! Green smoothies make eating 2 cups of leafy greens a breeze. Not only do they taste amazing, but they're extremely good for you, too.

Did you know that leafy greens have more valuable micronutrients than any other food group? They contain high quality amino acids, minerals, vitamins, antioxidants, and beneficial phytochemicals (plant-based chemicals known as phytonutrients).

Adding a large amount of leafy greens into your diet will really transform your body from the inside out. So, the question is, what are you waiting for?

All you need to get started is some fruit and veges, and a blender of course! Don't fret - you don't need to buy a \$700 Vitamix in order to make a great green smoothie. Shops such as Kmart and Target have a great selection of cheap and affordable blenders - some as cheap as \$15!



For all recipes, simply place all ingredients into blender and press go! Try blending the leafy greens and liquid together first until they are beautifully smooth, then add in the fruits and blend again. Adding a few ice cubes into the blender will ensure the smoothie is chilled. Have fun experimenting with lots of different fruits and veges – whatever is in season and cheap from the markets is worth a try!

Green Power

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- 2 cups fresh spinach
- 1 banana
- A handful of strawberries
- 2-3 dates
- 1 cup coconut water
(or substitute with: milk, almond milk, soy milk, water, etc.)

Vitamin C Booster

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- 2 cups fresh spinach
- 1 cup fresh orange juice
- 1 banana
- 2 cups strawberries
- 1/2 cup blueberries

Tropical Fiesta

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- 2 cups fresh spinach
- 1 cup coconut water
- 1 1/2 cups mango
- 1 cup pineapple
- 1 banana

Berry Protein

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- 2 cups fresh spinach
- 2 cups unsweetened almond milk
(or any other milk that you prefer)
- 1 cup strawberries
- 1 cup blueberries
- 1 banana

Peachy Kale

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- 2 cups fresh kale
- 1 cup fresh orange juice
- 1 cup water
- 1 cup mango
- 2 peaches
- 1 apple



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