

# Snack Recipes

Dips - enjoy with vegetables or whole grain crackers!

Guacamole		Prep Time: 10 minutes   Servings: 16, 2 cups
<b>Ingredients:</b> 2 avocados, ripe (black and slightly soft) 1 onion, finely chopped 1 tomato, diced 2 cloves garlic, minced 2 tablespoons of chopped cilantro (optional) 2 tablespoons of lime juice ½ teaspoon sea salt ½ teaspoon pepper	<b>Directions:</b> 1. Peel and mash avocados into a bowl. 2. Stir in remaining ingredients. 3. Mix thoroughly.	

Pesto		Prep Time: 10 minutes   Servings: 4
<b>Ingredients:</b> 2 cups fresh basil leaves 1 cup baby spinach 1/3 cup nuts (pine nuts or walnuts) 3 cloves of garlic, minced ½ cup olive oil ¼ teaspoon of sea salt  <b>Optional:</b> ¼ cup grated Parmesan cheese.	<b>Directions:</b> 1. Put basil, spinach and nuts in food processor. Pulse several times (short bursts of blending). 2. Add garlic (and optional cheese). Pulse food processor a few more times. 3. Lastly, add ½ cup of olive oil, salt and pepper. Pulse until desired thickness.  <b>Storage:</b> Refrigerate pesto up to 3 days, or place in airtight container in freezer for up to 3 months.	



## Creamy creamy hummus

This dip is perfect to enjoy as a snack with vegetables or whole grain crackers. Use it as a sandwich spread instead of mayonnaise or mustard for an extra hit of protein and fibre.



Vegetarian



30 mins or less



Kid-friendly



Freezer-friendly



No-cook



PREP TIME  
5 min



COOK TIME  
0 min



SERVINGS  
2

### Ingredients

- 1 can (540 mL/19 oz) reduced sodium chickpeas, drained and rinsed
- 60 mL (1/4 cup) tahini (sesame seed paste)
- 5 mL (1 tsp) ground cumin
- 60 mL (1/4 cup) sodium reduced vegetable broth
- 2 mL (1/2 tsp) grated lemon rind
- 15 mL (1 tbsp) lemon juice
- 30 mL (2 tbsp) water (or more as desired)
- 1 clove garlic, minced

### Directions

1. In a food processor bowl, combine chickpeas, tahini and cumin. Pulse until coarse. Add broth, lemon rind and juice and water, adding more as necessary to make a smooth textured hummus. Whirl until very smooth. Stir in garlic.

### Tips

- ✓ **Take hummus to the next level with these fantastic variations:**
- ✓ **Navy Bean Hummus:** Omit chickpeas and tahini. Replace with 1 can (540 mL/19 oz) reduced sodium navy beans, drained and rinsed. Stir in 30 mL (2 tbsp) chopped fresh basil with the garlic.
- ✓ **Roasted Red Pepper Hummus:** Omit tahini and use 250 mL (1 cup) chopped roasted red peppers instead.
- ✓ **Herbed Hummus:** Stir in 60 mL (1/4 cup) of your favourite chopped herbs, such as basil, parsley, cilantro or mint.
- ✓ **Sundried Tomato Hummus:** Add 125 mL (1/2 cup) soaked sundried tomatoes, and use the reserved soaking liquid instead of the vegetable broth.

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## Cauliflower and bean dip

Roasted cauliflower gives a fresh twist to this dip. Serve it with vegetables, whole grain pita or crackers for a delicious snack.



 Kid-friendly  Vegetarian  Freezer-friendly

 PREP TIME  
15 min

 COOK TIME  
45 min

 SERVINGS  
6

### Ingredients

- 1 head cauliflower, cut into small florets
- 30 mL (2 tbsp) olive oil, divided
- 1 can (540 mL/19 oz) no salt added white kidney beans, drained and rinsed
- 2 mL (½ tsp) garlic powder
- 2 mL (½ tsp) paprika
- 2 mL (½ tsp) lemon juice
- 125 mL (½ cup) water
- Salt and pepper to taste

### Directions

1. Preheat oven to 375 °F (190 °C).
2. In a large bowl, combine the cauliflower and 15 mL (1 tbsp) oil. Mix well.
3. Spread the cauliflower on a non-stick baking sheet and roast for 45 minutes or until soft, turning over halfway to keep from burning. Let cool.
4. In a blender or food processor, blend the cauliflower, beans, garlic powder, paprika, lemon juice, water, the remaining olive oil, and salt. Mix until smooth.
5. Transfer the dip to a serving bowl.

### Tips

- ✓ For a boost of flavour, use lower sodium vegetable broth instead of water.
- ✓ Don't have fresh cauliflower on hand? Try using frozen ones. Thaw first and roast for 20 minutes.
- ✓ Little chefs can help measure out ingredients and add them to the blender. They will find it impressive to watch ingredients blend together.
- ✓ Chill leftover dip in an airtight container for up to 3 days in the refrigerator.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.

Recipe developed by Indigenous Chef David Wolfman for PHAC and Health Canada.  
For more recipes by Chef Wolfman, see Nutrition North Canada.



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## Zesty bean dip and chips

This recipe takes dip and chips to a whole new level. Pack the dip and chips separately for an on-the-go snack that is out of this world.



Vegetarian



30 mins or less



Freezer-friendly



PREP TIME  
5 min



COOK TIME  
8 min



SERVINGS  
12

### Ingredients

- 6 small whole grain flour or corn tortillas
- 4 mL (3/4 tsp) chili powder
- 1 can (540 mL/19 oz) black beans, drained and rinsed
- 125 mL (1/2 cup) medium or hot salsa
- 1 mL (1/4 tsp) grated lime rind
- 30 mL (2 tbsp) lime juice
- 1 small shallot, minced
- 2 mL (1/2 tsp) ground cumin
- Pinch fresh ground pepper
- 45 mL (3 tbsp) chopped fresh cilantro
- 30 mL (2 tbsp) chopped fresh basil (optional)

### Directions

1. Cut each tortilla into 8 wedges and place in a resealable plastic bag. Spray tortillas with cooking spray and sprinkle with chili powder; seal and shake bag to coat tortilla wedges. Place on large baking sheet and bake in preheated 200°C (400°F) oven for about 8 minutes or until golden and crisp. Let cool completely before using.
2. In a food processor bowl, puree beans, salsa, lime rind and juice, shallot, cumin and pepper until smooth. Scrape into bowl and stir in cilantro and basil, if using.
3. Serve with tortilla chips.

### Tips

- ✓ **Great make-ahead snack.** The bean dip can be refrigerated for five days. Store the tortilla chips in a cookie tin at room temperature for up to one week.
- ✓ **Little chefs** can help shake the tortilla wedges in the bag.
- ✓ No time to make the chips? Serve with your family's favourite **veggies** or whole grain **crackers** for dipping.
- ✓ **Change up the beans and herbs** to create different flavours and tastes sensations.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

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## Muhammara dip (red bell pepper and walnut)

This dip is versatile and commonly eaten in the Middle East. It is just as delicious served warm or cold.



Kid-friendly



Vegetarian



PREP TIME  
10 min



COOK TIME  
30 min



SERVINGS  
6

### Ingredients

- 2 red bell peppers
- 125 mL (½ cup) unsalted walnuts, divided
- 15 mL (1 tbsp) olive oil
- 1 clove garlic
- 2 mL (½ tsp) salt
- 1 mL (¼ tsp) paprika
- 2 mL (½ tsp) honey
- 30 mL (2 tbsp) breadcrumbs

### Directions

1. Preheat the oven to 230 °C (450 °F) and line 2 baking sheets with aluminum foil.
2. Place red bell peppers on a baking sheet and roast for 30 to 40 minutes or until peppers are soft and skins begin to blacken, checking from time to time. Let cool and remove stems and seeds.
3. Roast walnuts on a separate tray for 2 to 3 minutes.
4. Place half of walnuts in a zip top bag and let kids crush with a mallet. Reserve.
5. In a blender, place peppers, oil, uncrushed walnut, garlic, salt, paprika, and honey. Blend until smooth.
6. Empty into a bowl and stir in crushed walnuts and breadcrumbs.

### Tips

- ✓ Serve the dip as a snack with vegetables and whole wheat pita.
- ✓ Spread on a flatbread and top with roasted vegetables like sliced zucchini, bell peppers and red onion to make it a meal.
- ✓ Whole grain crackers or stale bread can be used to make breadcrumbs. Place in a plastic bag and have the kids crush them up!
- ✓ Refrigerate leftovers for up to 5 days.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



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## Sweet Recipes

# MANGO YOGURT FRUIT DIP

12 Servings



Prep Time: 10 minutes

Kids love to dip! Let your child choose their favourite fruits for this creamy and slightly sweet dip.

### Ingredients

$\frac{3}{4}$  cup (180 mL) Greek yogurt, plain

1 cup (250 mL) Mango, frozen

$\frac{1}{4}$  cup (60 mL) Cream cheese

1 tbsp (15 mL) Honey

1 tbsp (15 mL) Vanilla extract

1 each Mint leaf (optional)

3 tbsp (45 mL) Chia seeds

**See Nutrition Facts panel, page 50.**

### Instructions

1. In a blender, blend yogurt and frozen mango until smooth.
2. Add honey, vanilla, mint, chia seeds and cream cheese. Blend on high speed until completely smooth.
3. Serve with your favorite dip-able fruits.



### TIPS FOR HEALTHY SNACKING

Chia seeds are a good source of omega-3 fats which are important for children's growth. Omega-3's help feed the brain.

## No bake toasted oat granola bars

Enjoy the natural sweetness of dates in this recipe. Toasting the oats delivers big flavour with little effort.



Vegetarian



30 mins or less



Kid-friendly



Freezer-friendly



PREP TIME  
10 min



COOK TIME  
8 min



SERVINGS  
12

### Ingredients

- 375 mL (1½ cups) large flake oats
- 125 mL (½ cup) chopped almonds (optional)
- 250 mL (1 cup) bran flakes
- 250 mL (1 cup) dates, pitted
- 60 mL (¼ cup) honey
- 60 mL (¼ cup) natural almond or peanut butter or non-nut alternative

### Directions

1. In a large nonstick skillet, toast oats and almonds, if using, over medium heat, stirring often for about 8 minutes or until light golden and fragrant. Pour into a large bowl and let cool slightly; stir in bran flakes.
2. In a food processor, pulse dates until finely chopped.
3. In a small saucepan, heat together honey and almond butter over medium low heat until melted and smooth. Add dates and stir to combine. Pour into oat mixture and stir together until dates are distributed evenly throughout and oats are coated well.
4. Press mixture into 23 cm (9 inch) parchment or foil lined baking pan and press to flatten evenly. Cover and refrigerate for at least 1 hour or until firm. Cut into bars and wrap individually with plastic wrap and store in refrigerator for up to 1 week.

### Tips

- ✓ Little chefs can help to press the mixture into the pan and flatten evenly.
- ✓ Try these variations: Sprinkle 30 mL (2 tbsp) chopped dried cranberries, apricots or unsweetened shredded coconut on top of granola bars and press gently into top before refrigerating.
- ✓ Try using less of the ingredients that contain a lot of sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

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# Marvellous muffins

With a hint of cinnamon and a burst of sweetness from raisins, these wholesome and moist muffins are a nourishing way to start your day.



Vegetarian



30 mins or less



Kid-friendly



Freezer-friendly



PREP TIME  
10 min



COOK TIME  
18 min



SERVINGS  
12 muffins

## Ingredients

- 60 mL (1/4 cup) canola oil
- 150 mL (2/3 cup) packed brown sugar
- 1 egg
- 1 very ripe banana, mashed
- 1 zucchini, grated (about 250 mL/1 cup)
- 5 mL (1 tsp) ground cinnamon
- 125 mL (1/2 cup) 0% fat plain Greek yogurt
- 5 mL (1 tsp) vanilla extract
- 250 mL (1 cup) all purpose flour with added bran or all purpose flour
- 175 mL (3/4 cup) wheat bran
- 60 mL (1/4 cup) wheat germ
- 5 mL (1 tsp) baking powder
- 2 mL (1/2 tsp) baking soda
- 125 mL (1/2 cup) raisins or dried cranberries or dried blueberries

## Directions

1. In a large bowl, whisk together oil, sugar and egg. Add banana, zucchini and cinnamon; stir in yogurt and vanilla.
2. In another bowl, whisk together flour, wheat bran and germ, baking powder and soda. Add flour mixture to banana mixture and stir until just moistened. Stir in raisins.
3. Divide among lightly sprayed or paper lined muffin tins. Bake in preheated 200°C (400°F) oven for about 18 minutes or until light golden and firm to the touch. Let cool slightly before enjoying.

## Tips

- ✓ What kid doesn't like making muffins? Little chefs can  **mash the banana**, while older kids can  **grate the zucchini** and scoop batter into the muffin cups.
- ✓ Add a little crunch. Stir in 60 mL (1/4 cup)  **chopped, toasted walnuts** into the batter.
- ✓  **Keep a stash** of these muffins in the freezer for a perfect handy snack when you're on the go. Allow muffins to cool completely. Wrap each muffin separately or place in a plastic freezer bag for up to 2 weeks. Warm in a microwave to enjoy another day.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

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## Arthritis Society Canada's Hemp & Walnut Energy Bites

Servings: 16

### Ingredients:

¾ cup walnuts  
½ cup hemp hearts  
4 tablespoons of maple syrup  
½ cup almond butter or unsweetened peanut butter  
1/3 cup dried cranberries  
1 tablespoon of vanilla extract  
1/3 cup rolled oats

**Option:** Substitute other nuts or dried fruits for variety.

### Directions:

1. Combine walnuts and half of hemp hearts into a food processor and process until finely chopped.
2. Add maple syrup, almond butter, cranberries, vanilla and oats to processor. Continue until all ingredients are combined.
3. Remove from processor and use dough to make 1-inch sized balls.
4. Roll the balls in the other half of hemp hearts. Press lightly so the entire ball is coated.

**Storage:** Store in an airtight container for up to 2 weeks, or keep in the freezer for up to 3 months!



## Toasted Chickpeas

Prep Time: 5 minutes | Cook time: 35 minutes

### Ingredients

1 cans of chickpeas  
1 tablespoon of olive oil  
½ teaspoon of ground pepper  
½ teaspoon of garlic powder or dried thyme

**Options:** swap the ground pepper for cayenne pepper to make a spicy version. Or try 1 teaspoon of curry powder. These can be enjoyed as a snack or added to a salad to add some crunch

### Directions

1. Preheat oven to 350°F (180°C).
2. Rinse and drain the chickpeas. Spread on a clean towel and pat dry..
3. In a bowl, combine chickpeas and oil. Mix until coated.
4. Spread mixture onto baking sheet.
5. Bake for 20 minutes. Remove pan, add seasonings and mix to flip the chickpeas.
6. Place back in oven and bake for another 15 minutes, until golden brown.
7. Remove from oven and allow to cool.



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