



Easy Snack Guide

Snacking throughout the day can help curb cravings, assist with weight management, regulate your mood and give you energy to power through your day.



CREATED BY LEAGUE MARKETPLACE

Grocery List



31 ingredients

FRUITS

- 1 Apple
- 1 1/2 Banana

BREAKFAST

- 1/3 cup Almond Butter
- 2/3 cup Maple Syrup
- 2 1/2 cups Rice Puffs Cereal

SEEDS, NUTS & SPICES

- 2 cups Almonds
- 2 1/3 tbsps Cinnamon
- 2 1/8 cups Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1/2 cup Pumpkin Seeds
- 1 cup Raw Peanuts
- 3/4 tsp Sea Salt

VEGETABLES

- 1/4 tsp Ginger

BOXED & CANNED

- 2 cups Chickpeas

BAKING

- 1 tsp Baking Powder
- 1/4 cup Cocoa Powder
- 1/3 cup Coconut Flour
- 14 3/4 ozs Dark Organic Chocolate
- 1/2 cup Organic Dark Chocolate Chips
- 2/3 cup Organic Raisins
- 2 cups Unsweetened Coconut Flakes
- 1/4 cup Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

CONDIMENTS & OILS

- 3/4 cup Coconut Oil
- 1/2 cup Sunflower Seed Butter
- 2 tbsps Tahini

COLD

- 6 Egg
- 2/3 cup Plain Coconut Milk

OTHER

- 3/4 oz Collagen Powder
- 1/4 cup Protein Powder
- 1/2 cup Water



Mini Dark Chocolate Tahini Cups



5 ingredients



30 minutes



24 servings

DIRECTIONS

1. Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
2. Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
3. Meanwhile, combine the tahini, maple syrup and protein powder. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
4. Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
5. Refrigerate until set, about 10-15 minutes. Enjoy!

NOTES

No Tahini

Use almond butter, peanut butter, hazelnut butter or sunflower seed butter.

No Mini Muffin Tray

Use a regular sized muffin tray to create larger cups.

Protein Powder

This recipe was developed and tested using a whey-based unflavoured protein powder.

Serving Size

One serving is equal to one mini cup.

INGREDIENTS

- 10 1/2 ozs Dark Organic Chocolate (at least 70% cacao, chopped)
- 1 1/4 tbsps Coconut Oil
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 1/4 cup Protein Powder (unflavoured)

NUTRITION

Amount per serving

Calories	93	Cholesterol	0mg
Fat	6g	Sodium	9mg
Carbs	7g	Vitamin A	1IU
Fiber	1g	Vitamin C	0mg
Sugar	4g	Calcium	12mg
Protein	2g	Iron	1mg



Coconut Banana Energy Bites



8 ingredients



30 minutes



12 servings

DIRECTIONS

1. Preheat the oven to 350°F (176°C) and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.
2. Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.
3. Scoop a tablespoon of dough out at a time and roll into a ball. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to one ball.

More Flavour

Add your favorite baking spices like nutmeg, clove, or vanilla extract.

Additional Toppings

Press the rolled balls into a mixture of shredded coconut, coconut sugar and cinnamon for an extra sweet treat.

Make it Vegan

Omit the collagen powder and substitute extra coconut flour instead.

INGREDIENTS

- 2 cups Unsweetened Coconut Flakes
- 1 Banana (small, very ripe)
- 1 tbsp Coconut Oil
- 1/3 cup Coconut Flour
- 3/4 oz Collagen Powder
- 3/4 tsp Cinnamon
- 1/4 tsp Ginger
- 1/4 tsp Sea Salt

NUTRITION

Amount per serving

Calories	127	Cholesterol	0mg
Fat	10g	Sodium	64mg
Carbs	8g	Vitamin A	7IU
Fiber	3g	Vitamin C	1mg
Sugar	2g	Calcium	3mg
Protein	3g	Iron	1mg



Chocolate Crunch Bars



7 ingredients



2 hours



8 servings

DIRECTIONS

1. Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
2. Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
3. Slice into bars and enjoy!

NOTES

Serving Size

One serving is equal to one bar.

No Almond Butter

Use peanut butter, hazelnut butter or cashew butter instead.

Storage

After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.

INGREDIENTS

- 1/3 cup Almond Butter
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Cocoa Powder
- 2 tbsps Hemp Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Maple Syrup
- 2 1/2 cups Rice Puffs Cereal

NUTRITION

Amount per serving

Calories	197	Cholesterol	0mg
Fat	15g	Sodium	2mg
Carbs	15g	Vitamin A	0IU
Fiber	3g	Vitamin C	0mg
Sugar	7g	Calcium	54mg
Protein	4g	Iron	2mg



Edible Chocolate Chip Cookie Dough



5 ingredients



15 minutes



4 servings

DIRECTIONS

1. Place chickpeas, sunflower seed butter, maple syrup, and vanilla extract in a food processor. Process until smooth.
2. Transfer cookie dough to a bowl and stir in chocolate chips. Divide into bowls, or roll into balls. Enjoy!

NOTES

No Sunflower Seed Butter

Use peanut butter, almond butter or cashew butter.

Leftovers

Store in an air-tight container up to 4 days in the fridge.

INGREDIENTS

- 2 cups** Chickpeas (cooked)
- 1/2 cup** Sunflower Seed Butter
- 1/4 cup** Maple Syrup
- 1 tsp** Vanilla Extract
- 1/2 cup** Organic Dark Chocolate Chips

NUTRITION

Amount per serving

Calories	568	Cholesterol	0mg
Fat	30g	Sodium	8mg
Carbs	59g	Vitamin A	38IU
Fiber	8g	Vitamin C	2mg
Sugar	34g	Calcium	80mg
Protein	15g	Iron	4mg



Toasted Trail Mix



5 ingredients



10 minutes



4 servings

DIRECTIONS

1. Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
2. Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

NOTES

Serve it With

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo

Replace peanuts with another type of nut or seed.

Storage

Refrigerate in an air-tight container.

Other Add-Ins

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

INGREDIENTS

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Organic Raisins

NUTRITION

Amount per serving

Calories	551	Cholesterol	0mg
Fat	42g	Sodium	162mg
Carbs	32g	Vitamin A	1IU
Fiber	11g	Vitamin C	0mg
Sugar	17g	Calcium	153mg
Protein	21g	Iron	6mg



Fruit & Hemp Seed Bowls



6 ingredient



5 minutes



2 serving

DIRECTIONS

1. Divide all the ingredients into bowls. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top with nuts, seeds, rolled oats and/or nut butter.

No Coconut Milk

Use almond, soy, rice or oat milk instead.

INGREDIENTS

- 1 Apple (cored, chopped)
- 1/2 Banana (sliced)
- 1/4 tsp Cinnamon
- 2 tbsps Organic Raisins
- 1/4 cup Hemp Seeds
- 2/3 cup Plain Coconut Milk (from the carton)

NUTRITION

Amount per serving

Calories	242	Cholesterol	0mg
Fat	12g	Sodium	17mg
Carbs	32g	Vitamin A	237IU
Fiber	4g	Vitamin C	7mg
Sugar	22g	Calcium	181mg
Protein	7g	Iron	2mg



Dark Chocolate Crunch Bites



4 ingredients



15 minutes



24 serving

DIRECTIONS

1. Microwave dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Stir well to combine.
2. Meanwhile, line a baking sheet with parchment paper.
3. Add almonds to the melted chocolate and stir to combine. Use a spoon to drop small, even clusters (containing about 4 to 5 almonds each) onto the parchment paper. The number of clusters you make should be equal to your serving size.
4. Sprinkle coconut overtop of each cluster immediately. Transfer to the freezer until the clusters are set, about 15 minutes.
5. Remove from the freezer and enjoy!

NOTES

No Almonds

Use hazelnuts, peanuts or dried fruit instead.

No Coconut

Use hemp seeds instead.

Spread the Love

Package them in a tin or jar lined with parchment paper to give as a gift.

Serving Size

One serving is equal to one cluster.

Keto-Friendly

Use 90% cacao dark chocolate.

INGREDIENTS

- 4 1/4 ozs Dark Organic Chocolate (at least 70% cacao, chopped)
- 1 tsp Coconut Oil
- 1 cup Almonds
- 1/4 cup Unsweetened Shredded Coconut

NUTRITION

Amount per serving

Calories	70	Cholesterol	0mg
Fat	6g	Sodium	3mg
Carbs	4g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	2g	Calcium	16mg
Protein	2g	Iron	0mg



Cinnamon Flax Muffins



7 ingredients



30 minutes



12 servings

DIRECTIONS

1. Preheat your oven to 350°F (177°C) and line a muffin tin with paper liners.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

NOTES

Likes it Sweet

If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

INGREDIENTS

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt
- 2 tbsps Cinnamon
- 6 Eggs (room temperature)
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Water (warm)

NUTRITION

Amount per serving

Calories	183	Cholesterol	93mg
Fat	14g	Sodium	207mg
Carbs	7g	Vitamin A	139IU
Fiber	5g	Vitamin C	0mg
Sugar	0g	Calcium	122mg
Protein	7g	Iron	2mg