



# 10 Healthy Savoury Snacks

DINA SAVITZ

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Hi,

In this healthy snacks e-book you will find 10 easy-to-follow recipes for savoury snacks the whole family can enjoy. Almost all of the recipes have vegetables in them, and are much tastier ways to increase your daily veggie intake than simply munching on veggie sticks!

I created this e-book because I believe healthy eating shouldn't be complicated or time consuming!

## **NUTRITION PANEL & NOTES**

I've included the breakdown for each recipe so that you can see just how much protein, fat, carbs, sugar and fibre is in each meal as well as some extra notes for some simple swaps and anything else you might want to know about the recipe.

I hope you enjoy creating and eating these snacks, and if you'd like your own customised 7, 14 or 21 Day meal plan complete with shopping list, planner as well as all the recipes, please send me an e-mail at [dina@dinasavitz.com](mailto:dina@dinasavitz.com) to find out how you can get one.

To eating healthy and feeling good,

Dina x

# Tuna Nori Wraps

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 can Tuna (drained and flaked)  
1 Carrot (smaller, julienned)  
1/2 Cucumber (julienned)  
1/2 Avocado (peeled and sliced)  
6 Nori Sheets (snack size)

## NUTRITION

### AMOUNT PER SERVING

Fat	8g	Sugar	3g
Carbs	13g	Protein	21g
Fiber	8g		

## DIRECTIONS

- 01 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 02 Roll or wrap the tuna-stuffed nori and enjoy immediately.

## NOTES

### SERVING SIZE

Each serving size will yield approximately 3 small rolls.

### STORAGE

Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

# Coconut Zucchini Fries

4 SERVINGS 20 MINUTES



## INGREDIENTS

1 tbsp Coconut Oil  
1/4 cup Organic Coconut Milk (canned, full fat)  
1/4 cup Coconut Flour  
1/2 tsp Sea Salt  
2 Zucchini (medium, sliced into strips)

## NUTRITION

### AMOUNT PER SERVING

Fat	7g	Sugar	3g
Carbs	7g	Protein	2g
Fiber	4g		

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
- 02 Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
- 03 Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
- 04 Remove from oven and enjoy!

## NOTES

### NO COCONUT MILK

Use eggs instead.

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

### ADDITIONAL TOPPING

Add paprika, chili powder or spices of your choice to the coconut flour.

### EXTRA CRISPY

Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.

# Sweet Potato Hashbrowns

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 Sweet Potato (large, peeled and shredded)
- 3 tbsps Arrowroot Powder
- 1/4 tsp Sea Salt
- 2 tbsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Fat	14g	Sugar	3g
Carbs	24g	Protein	1g
Fiber	2g		

## DIRECTIONS

- 01 Using your hands and a paper towel or kitchen towel, squeeze as much liquid out of the shredded sweet potato as possible.
- 02 In a mixing bowl, combine the sweet potato, arrowroot powder and salt.
- 03 Heat oil in a cast iron skillet over medium heat. Sprinkle the sweet potato evenly across the skillet to form a thin layer. Press down with a spatula and cook on each side for 4 to 5 minutes, or until brown and crispy.
- 04 Transfer to a towel-lined plate to absorb any excess oil. Let cool slightly and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### MORE FLAVOR

Add garlic and/or onion powder to the sweet potato mixture.

### ADDITIONAL TOPPINGS

Top with avocado, spinach, sausage patty or poached egg.

# Baked Onion Rings

4 SERVINGS 40 MINUTES



## INGREDIENTS

2/3 cup Brown Rice Flour  
1 tsp Garlic Powder  
1 tbsp Nutritional Yeast  
1/4 tsp Sea Salt  
2/3 cup Plain Coconut Milk  
(unsweetened, from the carton)  
1 cup Bread Crumbs  
2 White Onion (peeled, cut into 1/4-inch rings)

## NUTRITION

### AMOUNT PER SERVING

Fat	3g	Sugar	5g
Carbs	47g	Protein	7g
Fiber	4g		

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone mat.
- 02 In a bowl, combine the flour, garlic powder, nutritional yeast, salt and coconut milk. Place the bread crumbs in a separate bowl.
- 03 Dip each onion ring into the flour mixture, allowing any excess liquid to drip off. Then coat the onion ring in bread crumbs, gently shaking off the excess. Transfer to the baking sheet. Repeat until all onion rings have been coated.
- 04 Bake in the oven until golden brown, about 20 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, reheat in the oven before eating to crisp them up.

### SERVING SIZE

Each serving equals approximately ten onion rings.

### GLUTEN-FREE

Instead of bread crumbs, use gluten-free bread crumbs, shredded coconut, rolled oats, ground nuts or seeds.

### MORE FLAVOR

Add paprika or your choice of dried herbs and spices.

### SERVE IT WITH

Dip them in vinegar, mayonnaise, mustard or ketchup.

### NO BROWN RICE FLOUR

Use gluten-free or regular all-purpose flour instead.

# Coconut Chive Flatbread

4 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Coconut Flour  
2 tbsps Psyllium Husk Powder  
1/4 cup Dried Chives  
1/4 tsp Baking Soda  
1/2 tsp Sea Salt  
1 tbsp Extra Virgin Olive Oil (plus extra for greasing)  
1 cup Water (warm)

## NUTRITION

### AMOUNT PER SERVING

Fat	5g	Sugar	1g
Carbs	8g	Protein	2g
Fiber	5g		

## DIRECTIONS

- 01 In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
- 02 Add the oil and water. Knead with your hands and form a ball. The texture should be soft and elastic, but not sticky. If the dough is too wet, add more psyllium husk. If it is too dry, add water.
- 03 Cut the dough into the according number of recipe servings. Roll into balls.
- 04 Place one dough ball between two sheets of parchment paper and use a rolling pin to roll it out evenly to approximately 8 inches wide. Repeat until the remaining balls of dough are shaped.
- 05 Very lightly grease a cast iron or non-stick pan and place over medium-high heat. Cook for 2 to 3 minutes. Flip and cook for another 1 to 2 minutes. Grease the pan as needed and repeat until all servings are cooked. Enjoy!

## NOTES

### LEFTOVERS

Stack between layers of parchment paper and refrigerate in an airtight container or storage bag for up to five days. Freeze for up to one month. Reheat on a pan or in the oven for best results.

### SERVING SIZE

One serving is equal to one 8-inch flatbread.

### MORE FLAVOR

Add your choice of herbs or spices to the flour before mixing.

### SERVE IT WITH

Grilled chicken, tofu, roasted chickpeas, fresh veggies and tzatziki sauce.

# Baked Plantain Chips with Guacamole

4 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 Plantain (large, peeled)
- 1 1/2 tsps Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 2 Avocado
- 1 1/2 tsps Lime Juice
- 2 tsps Cilantro (chopped, optional)

## NUTRITION

### AMOUNT PER SERVING

Fat	17g	Sugar	13g
Carbs	31g	Protein	3g
Fiber	8g		

## DIRECTIONS

- 01 Preheat the oven 325°F (162°C). Line a baking sheet with parchment paper.
- 02 Thinly slice the plantain into even coins. In a mixing bowl toss the plantain slices with the oil and half of the salt. Arrange the plantain coins in a single layer on the baking sheet. Bake for 20 to 24 minutes, flipping halfway through, until golden brown. Let them cool slightly on the baking sheet.
- 03 In a medium-sized bowl mash the avocado, remaining salt, lime juice and cilantro (if using) together until a few chunks remain. Season with additional salt or lime juice if needed.
- 04 Serve guacamole immediately with plantain chips. Enjoy!

## NOTES

### LEFTOVERS

Guacamole lasts for up to three days in the fridge (discoloration may occur). Season with additional lime juice to prevent browning. Plantain chips are best enjoyed same day.

### SERVING SIZE

One serving is equal to approximately 12 plantain chips and 1/4 cup of guacamole.

### MORE FLAVOR

Sprinkle plantain coins with chili powder and cumin before baking. Add garlic, chopped tomatoes and/or jalapeno pepper to the guacamole.

### NO AVOCADO OIL

Use melted coconut oil instead.

# Sea Salt & Garlic Crackers

4 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Sunflower Seeds  
1/2 cup Pumpkin Seeds  
1/2 cup Chia Seeds  
1/2 cup Almond Flour  
1/2 tsp Sea Salt  
1 1/2 tsps Garlic Powder  
1/2 cup Water

## NUTRITION

### AMOUNT PER SERVING

Fat	29g	Sugar	1g
Carbs	20g	Protein	14g
Fiber	11g		

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
- 03 Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
- 04 Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
- 05 Enjoy!

## NOTES

### STORAGE

Refrigerate in an air-tight container up to 1 week.

### SERVE THEM WITH

Hummus, nut butter, cheese, on top of salad or soup.

# Sweet Potato Toast with Avocado & Sauerkraut

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Sweet Potato (small, ends trimmed, sliced lengthwise)  
1 Avocado (peeled and mashed)  
1/3 cup Sauerkraut  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Fat	15g	Sugar	7g
Carbs	36g	Protein	4g
Fiber	11g		

## DIRECTIONS

- 01 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 02 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

## NOTES

### ADD GREENS

Add a layer of baby spinach before you spread on the avocado.

### GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

### NO SWEET POTATO

Use bread, crackers, crispbread, pita or tortillas instead.

### STORAGE

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.

# Vegan Stuffed Mushrooms

4 SERVINGS 35 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1/2 Yellow Onion (finely chopped)  
1 cup Walnuts (raw, chopped)  
2 tsp Thyme (fresh)  
1 Garlic (clove, minced)  
1/4 tsp Sea Salt  
1/3 cup Dried Unsweetened Cranberries (roughly chopped)  
12 Cremini Mushrooms (whole, stems and gills removed)  
1 tbsp Nutritional Yeast  
2 tbsps Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Fat	23g	Sugar	10g
Carbs	15g	Protein	7g
Fiber	4g		

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
- 03 Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
- 04 Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

## NOTES

### SERVING SIZE

One serving is equal to three stuffed mushrooms.

### NO CREMINI MUSHROOMS

Use portobello mushrooms or white button mushrooms instead.

### NO THYME

Use another herb like sage or rosemary.

### PREP AHEAD

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

# Cucumber Hummus Bites

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 Cucumber (large)  
1 cup Hummus  
1/2 tsp Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Fat	11g	Sugar	2g
Carbs	12g	Protein	5g
Fiber	4g		

## DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

## NOTES

### MORE FLAVOUR

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.