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# 15 SWEET & SALTY SNACK RECIPES

## PEPPERONI CHIPS

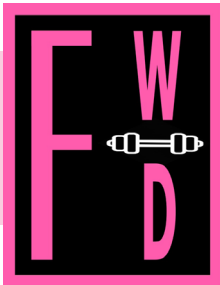


### INGREDIENTS:

Pepperoni slices (you pick the portion)

### DIRECTIONS:

Preheat oven to 400. Line baking sheet with foil or parchment paper. Lay pepperoni in single layer on baking sheet. Bake for 6 minutes, or until desired crispness (stay close to oven). Drain on paper towel. Enjoy plain or dipped in guacamole/hummus.



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## BCAA POPSICLES

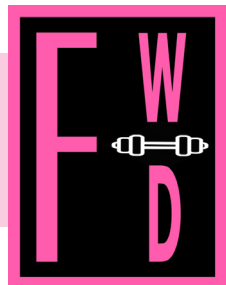


### INGREDIENTS:

Momsanity BCAA (branched chain amino acids) powder  
Fresh or frozen chunks of fruit  
Popsicle molds

### DIRECTIONS:

Mix 12 ounces of water and 2 scoops BCAA powder until dissolved. Pour into popsicle molds, leaving room to add chunks of fruit. Freeze until solid, about 4 hours.



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## SPICY NUTS

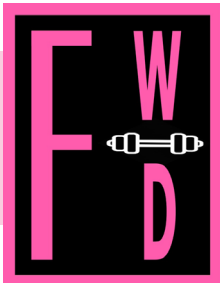


### INGREDIENTS:

- 1 cup cashews
- 1 cup walnuts
- 1 cup pecans
- 1 cup almonds
- 1 tsp ground pepper
- 1 tsp ground nutmeg
- 1 tsp cloves
- 1 tsp ground allspice
- 1 tsp ground cinnamon
- 1 tsp chili powder
- ¼ tsp cumin
- ½ tsp cayenne pepper

### DIRECTIONS:

Preheat oven to 350. Combine all ingredients in a bowl. Line baking sheet with foil or parchment paper. Spray lightly with cooking spray. Place nut mixture evenly on baking sheet. Bake 10-15 minutes. Let cool 30 minutes.



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### VANILLA ICE CREAM



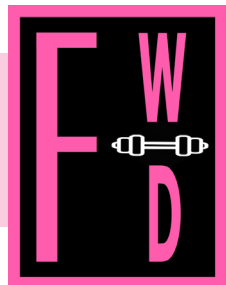
#### INGREDIENTS:

2 (14 oz) cans full-fat coconut milk  
2-3 scoops Vanilla Mom Fuel protein powder  
1 tbsp Swerve sweetener  
(or ½ cup Medjool dates)  
1 tsp vanilla extract

#### DIRECTIONS:

1. Place a loaf pan or deep pan in freezer.
2. In a blender, add coconut milk and blend until smooth and creamy.
3. Add Mom Fuel and Swerve/dates, and blend until thick and creamy.
4. Pour ice cream into chilled loaf pan. To prevent ice cream from becoming too icy, lightly stir every 20 minutes for the first hour.
5. Thaw 10 minutes (or more) before eating. Scoop with wet ice cream scoop.

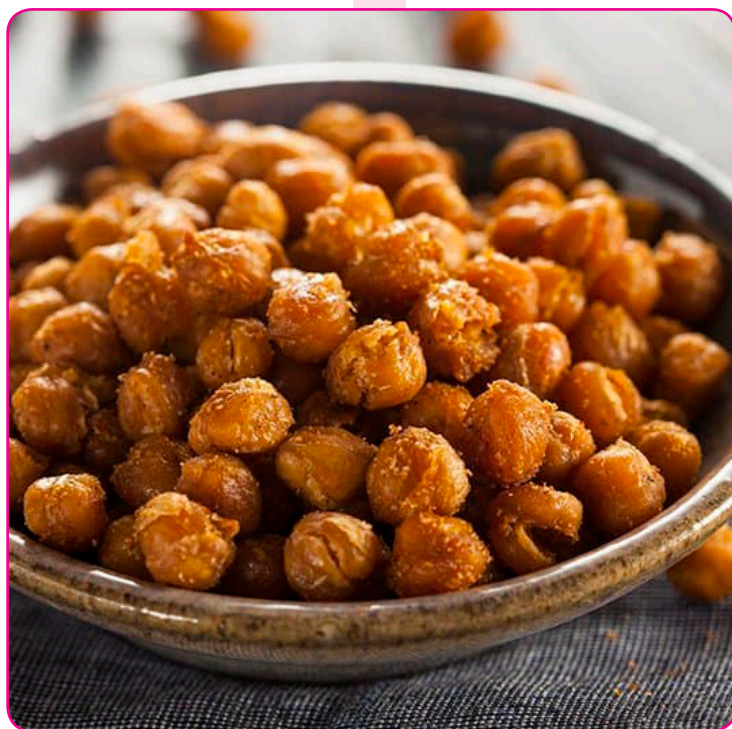




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# 15 SWEET & SALTY SNACK RECIPES

## ROASTED SRIRACHA CHICKPEAS

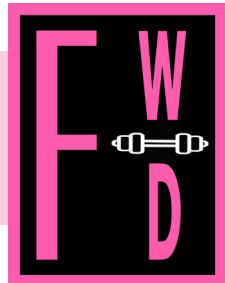


### INGREDIENTS:

2 (540ml) cans no-salt-added chickpeas  
(about 4 cups cooked chickpeas)  
2 tbsp grapeseed oil  
4 tsp sriracha hot sauce  
1 tsp salt  
1 tsp garlic powder

### DIRECTIONS:

1. Preheat oven to 350.
2. Drain and rinse chickpeas. Pour onto paper towel and gently pat dry (dryer = better).
3. Line baking sheet with parchment paper. Place chickpeas on baking sheet in single layer.
4. Bake 40 minutes, or until desired crispiness, stirring every 10 minutes.
5. In a small bowl, whisk oil, sriracha, salt, and garlic powder.
6. Remove chickpeas from oven and put them in a bowl. Add the sriracha mixture. Toss until evenly coated.
7. Place chickpeas back onto baking sheet. Roast 10 more minutes (stay near the oven).
8. Let cool for a few minutes before enjoying.



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## CHOCOLATE CUPCAKES

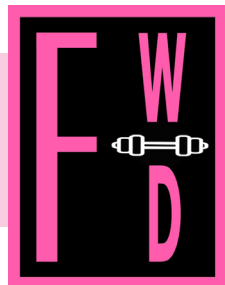


### INGREDIENTS:

½ c gluten-free coconut flour  
1/3 c CRAVE cocoa  
1 tsp baking soda  
¼ tsp salt  
6 eggs  
¼ c Swerve sweetener  
1/3 c grapeseed oil  
2 tsp vanilla extract  
Muffin tin liners

### DIRECTIONS:

1. Preheat oven to 350. Line muffin pan with muffin liners.
2. In a small bowl, stir coconut flour, CRAVE, baking soda, and salt.
3. In a larger bowl, use a hand mixer to blend eggs, Swerve, oil, and vanilla for 2-3 minutes. Pour in dry ingredients, and stir until combined.
4. Pour mixture evenly into muffin liners. Bake 15-20 minutes, or until a toothpick comes out clean.



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### CHIPS

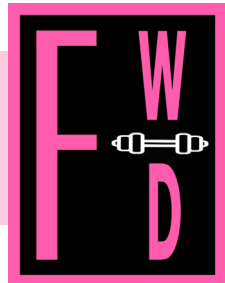


#### INGREDIENTS:

12 beets, cleaned and thinly sliced (you can use a mandolin) **OR** 4 large carrots, cleaned and peeled and diagonally sliced thin (you can use a mandolin) **OR** 16 ounces of fresh radishes, cleaned and thinly sliced  
½ c grapeseed oil  
2 tsp salt

#### DIRECTIONS:

1. Preheat oven to 300. Line 2 baking sheets with parchment paper.
2. Place sliced veggies in a large bowl and pour oil and salt on top. Toss well. Let them sit for 15 minutes to retain shape and color.
3. Toss the covered veggies again and drain off the liquid.
4. Lay veggies in a single layer on baking sheets. Bake beets 45-60 minutes until crisp, not brown; bake carrots and/or radishes 15-20 minutes until crisp. You may want to stay near the oven towards the end.
5. Cool completely.



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### BUCKEYES



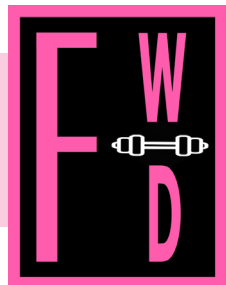
#### INGREDIENTS:

1 c cashew butter  
½ c Nature's Hollow honey substitute  
2 tbsp ghee, room temperature  
¼ c gluten-free finely sifted almond flour  
(I like Bob's Red Mill)  
¼ tsp salt  
½ c Enjoy Life chocolate chips

#### DIRECTIONS:

1. In medium bowl, combine cashew butter, "honey," ghee, almond flour, and salt. Stir well and place in fridge for 30 minutes.
2. Line baking sheet with wax paper (this will go into the fridge).
3. Remove refrigerated mix after 30 minutes. Scoop heaping 1 tablespoon balls and roll between palms to make smooth, placing on baking sheet. Chill 15 minutes in fridge.
4. Melt chocolate in microwave, stirring every 10 seconds until smooth.
5. Remove refrigerated balls. Dip each ball into melted chocolate, covering all but the top, using a fork.
6. Place each buckeye onto baking sheet. Refrigerate 30 minutes. Enjoy. Store in fridge.





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### THAI CURRY SLOW COOKER SNACK MIX

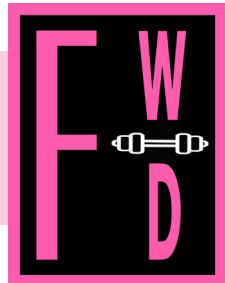


#### INGREDIENTS:

5 c raw mixed nuts  
1 c pumpkin seeds  
2 tbsp coconut / grapeseed oil  
Cooking spray  
1/8 c Swerve sweetener  
1/2 tbsp red curry powder  
1/2 tsp red chili powder or Thai red chili  
2 tsp paprika  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp salt  
1/2 tsp black pepper  
2 tbsp coconut aminos  
2/3 c goji berries or chopped dried pineapple  
1/2 - 1 tbsp red pepper flakes

#### DIRECTIONS:

1. Generously spray crockpot with cooking spray. Place all ingredients except fruit in crockpot.
2. Mix nuts, oil, sweetener, and spices.
3. Place on medium heat for 2 hours, stirring every 30 minutes.
4. Once cooked, pour spiced nuts onto large baking sheet lined with parchment paper to cool.
5. Mix in berries / dried fruit.



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### APPLE CRISP

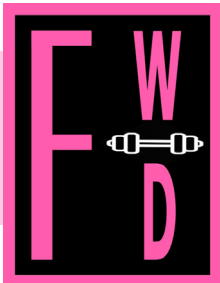


#### INGREDIENTS:

5 apples  
1 c gluten-free finely sifted almond flour  
(I like Bob's Red Mill)  
2/3 c gluten-free coconut flour  
1 tbsp cinnamon  
½ tsp salt  
1 c chopped almonds or cashews  
¾ c grapeseed oil

#### DIRECTIONS:

1. Preheat oven to 350.
2. Pare apples, then chop into slices. Layer in 13x9 baking dish.
3. In a bowl, mix almond flour, coconut flour, cinnamon, salt, and nuts. Pour in oil and mix evenly.
4. Spread topping mixture onto sliced apples.
5. Bake 45 minutes, or until apples are soft. Serve warm.



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### GREEN CHIPS

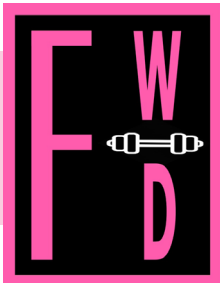


#### INGREDIENTS:

1 bunch kale **OR** 1 head cabbage  
**OR** brussels sprouts  
Grapeseed oil  
Salt

#### DIRECTIONS:

1. Wash kale/cabbage and remove excess water.
2. Remove kale stems / bottom of cabbage or brussels sprouts. Tear up into pieces. Place in large bowl. Drizzle or spray oil onto leaves. Shake a little salt on. Mix well with hands, then place onto baking sheet(s).
3. Bake at 300 for 5 minutes. Turn oven off, but leave leaf chips in the oven for 10 additional minutes. Mix around the leaf chips. Leave in oven until oven cools (you can open oven door).



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## CHOCOLATE COOKIES



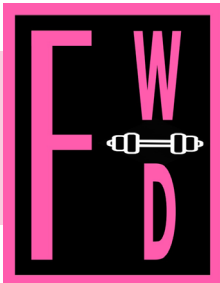
### INGREDIENTS:

1/3 c grapeseed oil  
1/4 c Swerve sweetener  
2 eggs  
1 1/2 tsp vanilla extract  
1/3 c CRAVE cocoa  
Pinch of salt  
1 tsp baking powder  
1 c gluten-free finely sifted almond flour  
(I like Bob's Red Mill)  
1 tbsp coconut flour

### DIRECTIONS:

1. Preheat oven to 350. Line baking sheet with parchment paper.
2. Whisk oil and Swerve together in a bowl. Whisk in eggs and vanilla. Whisk in CRAVE and salt. Stir in baking powder, almond flour, and coconut flour until smooth.
3. Scoop one tablespoon of cookie dough at a time, placing on baking sheet.
4. Cook 10-15 minutes (do not overcook).
5. Remove from oven to cool and harden.





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### CHEEZ ITS

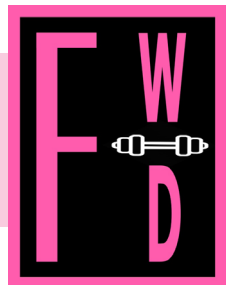


#### INGREDIENTS:

1  $\frac{3}{4}$  c gluten-free finely sifted almond flour (I like Bob's Red Mill)  
3 tbsp nutritional yeast  
 $\frac{1}{2}$  tsp salt (plus more for sprinkling on top)  
1 egg  
1 tbsp grapeseed oil  
2 tbsp lemon juice

#### DIRECTIONS:

1. Preheat oven to 350.
2. In a bowl, combine flour, salt, and nutritional yeast.
3. In a small bowl, whisk egg with grapeseed oil and lemon juice.
4. Pour wet ingredients into bowl of dry ingredients and combine.
5. Place the dough between 2 sheets of parchment paper and roll out to about  $\frac{1}{8}$ " thickness.
6. With sharp knife or pizza cutter, cut dough into desired cracker size. Sprinkle the top with more salt.
7. Slide bottom piece of parchment paper and crackers onto baking sheet.
8. Bake 12-15 minutes, or until golden. The outer crackers may brown fastest, so remove those and continue cooking remaining crackers.



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## CHOCOLATE CHIP COOKIES

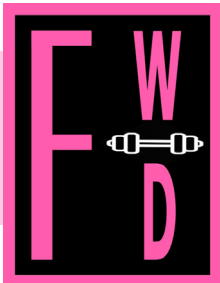


### INGREDIENTS:

2 tbsp solid coconut oil  
3 tbsp Nature's Hollow or ChocZero  
syrup substitute  
1 large egg  
1 tsp vanilla extract  
2 c gluten-free finely sifted almond flour  
(I like Bob's Red Mill)  
½ tsp baking soda  
¼ tsp salt  
½ c Enjoy Life chocolate chips + more for  
topping

### DIRECTIONS:

1. Preheat oven to 375. Line baking sheet with parchment paper.
2. In a large bowl, add coconut oil and "syrup." Whisk briskly until well mixed. Whisk in egg and vanilla.
3. In a medium bowl, stir together almond flour, baking soda, and salt. Add this mixture to the bowl of wet ingredients, stirring with wooden spoon until well combined.
4. Stir in ½ cup chocolate chips.
5. Scooped mounded tablespoonfuls onto cooking sheet, spacing 2" apart. Press down gently to flatten. Top each cookie with additional chocolate chips.
6. Bake about 8 minutes, until set and edges are golden brown. Remove from oven and let cook 5 minutes.



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## CRACKERS



### INGREDIENTS:

Cauliflower crust **OR** flatbread  
(10% off discount code TENOFF at  
<https://glnk.io/9pw/debbie-baisden> )  
Dip / Guacamole / Hummus

### DIRECTIONS:

1. Preheat oven to 375.
2. Carefully cut Cauliflower crust / flatbread into desired shaped pieces (with pizza cutter or kitchen scissors) and place on vented pizza screen (or nonstick cookie sheet lined with parchment paper in a single layer).
3. Bake 12 minutes, or until crisp.
4. Remove from oven and let cool.  
Serve with dip / guacamole / hummus.