



BLOOD SUGAR RESET ~ Snacks

☛ Indicates a recipe is available at the bottom of page

- ◆ Sugar Craving Snack...1/2 & 1/2 coconut oil/butter mixed with a little honey
- ◆ Avocado w/ salsa (sugar-free)
- ◆ Crispy nuts with berries
- ◆ Celery and almond butter
- ◆ Bell peppers and peanut butter
- ◆ SeaSnax (a really tasty commercially available snack)
- ◆ 1/2 Apple with grassfed goat cheddar
- ◆ Hard boiled egg with Easy-Homemade Mayonnaise☛
- ◆ Kale chips
- ◆ Zesty Crackers☛ (Eat Naked Cookbook) and goat cheddar or almond butter
- ◆ Swedish gravlax (salmon) and berries
- ◆ Nori Seaweed Wraps w/ avocado, sprouts, lime & gluten free tamari soy sauce
- ◆ Carrots and Easy-Homemade Mayonnaise☛
- ◆ Cold frittata leftovers from breakfast
- ◆ Dinner leftovers...you will love the white bean chili in the dinner ideas

Helpful lunch/snack equipment:

Thermos - for hot soups

Reuseable lunch containers and utensils (I like [Laptop Lunches](#) kits)

RECIPES:

Homemade Mayonnaise (requires immersion blender)

2 ROOM TEMPERATURE fresh eggs (pastured/organic is best)

1/2 tsp. mustard powder

1 TB lemon juice

1/2 tsp sea salt

1/4 tsp black pepper

1 cup room temp. extra virgin olive oil

Put all ingredients into wide mouth quart jar and blend with immersion blender until thickened

Zesty Crackers (courtesy of the Eat Naked Cookbook©)

Makes 45 - 50 crackers

1/4 red onion, coarsely chopped (approx. 1/4 cup)

1 cup almonds

1/2 cup hulled sunflower seeds, soaked

1/4 cup flaxseed, brown or golden

1 Tablespoon dried oregano

1 Tablespoon coarsely chopped sun-dried tomato

1/2 teaspoon sea salt

1/2 teaspoon red pepper flakes (optional)

1 zucchini, grated (approx. 1 cup)

Preheat oven to 350 degrees

Combine all ingredients in food processor. Pulse several times until mixture forms a slightly gritty paste.

Lay a piece of parchment paper on your countertop and put the cracker mixture on it. With the bottom of a spatula or a wet rolling pin, flatten the mixture into a sheet approximately 1/8" thick. Do your best to make it of an even thickness. Slide the parchment paper onto an oven tray and bake for 20 minutes.

Remove pan from oven and score the sheet with a knife or a small cookie cutter into the shapes that you want the crackers to be. You're not cutting them at this point, you're just indenting. Put the scored crackers back into the oven for another 7 to 10 minutes, until nice and crispy.

Remove from the oven and let cool. Separate crackers from each other along lines you scored earlier. Once crackers have cooled completely, store them in a covered container. If storing for more than a week, keep them in the fridge.