

Snack Ideas for 5 Day Sugar Free Whole Food Challenge

- Apples with almond/natural peanut butter
- Celery with almond/natural peanut butter
- 1 serving of fruit – Orange, grapefruit, berries, apple, grapes
- Beef jerky or meat stick
- Hand full of raw, unsalted nuts – macadamia, cashew, pistachios, almonds, walnuts, pecans (The Market has The BEST choice of Nuts in town!)
- Green Smoothie
- Unsweetened applesauce with cinnamon
- Chocolate Coconut Delights
- Energy Balls
- Pecan Peanut Butter Fat Bombs
- Veggies with hummus
- String Cheese

Chocolate Coconut Delights

This recipe I got from my friend Sammi. They are a great little treat to have a snack or a dessert. You can cut into bars to make a knock off “Lara Bar.” So yummy!

Ingredients:

- 1cup pitted dates
- 1 cup almonds (or walnuts or pecans)
- 2 Tbsp cocoa powder
- ½ cup shredded unsweetened coconut
- 2 Tbsp coconut oil

Directions:

Blend all ingredients in food processor until mixture turns into a ball. You may need to add a little water to the ingredients to stick together. Roll into balls in additional coconut flakes, chopped almonds or leave plain. Refrigerate or freeze. OR feel free to press into and 8X8 pan lined with saran wrap and cut into bars.

Energy Balls

These little nuggets of goodness are pretty calorie packed. Limit to 2 a day! Super easy treat to throw in your kids lunch box or in your snack bag when you are out and about.

Ingredients

- 2 cups walnuts, or other nuts of choice
- 1 cup shredded unsweetened coconut
- 2 cups soft Dates, pitted
- 2 Tbsp Coconut oil, softened
- ½ tsp Sea Salt
- 1 tsp vanilla extract

Directions:

In large food processor fitted with an “S” blade, process dates until chopped. Remove from processor. Then, process the nuts and coconut until crumbly. Add in the dates, coconut oil, vanilla and sea salt and process again until a sticky, uniform batter is formed. Scoop the dough by heaping tablespoons and roll with your hands into a ball. Arrange them on a baking sheet lined with parchment paper. Place in freezer for at least an hour for them to set. Store in the refrigerator.

Pecan Peanut Butter Fat Bombs

Ingredients:

- ½ cup of chopped pecan nuts
- 2 tablespoons melted coconut oil
- 1 tablespoon melted butter
- 1 tablespoon sugar free peanut butter
- 1 tablespoon cocoa powder
- a pinch of stevia powder

Directions:

Mix all the ingredients together and spoon it into a mold. Place in the freezer for 5 minutes.

Store them in your freezer or fridge.