



5 INGREDIENTS
OR LESS

Snacks

RECIPES

FITNESS
fernwood®

TO SNACK, OR NOT TO SNACK?

Wholesome and nutritious snacks are an important part of any well-balanced and healthy lifestyle.

So why is eating snacks so essential?

A pre-workout snack will help give you the energy you need before sweating it out, and a post-workout snack will help replenish those energy stocks you lost during your workout.

Snacks are also important for intercepting those hunger pangs before you feel like raiding the pantry or overcompensating with a big meal. How often have you skipped an afternoon snack and felt ravenous before your dinner? Nutritious snacks can help keep your healthy eating patterns on track!



Here are some of our favourite and easy-to-make snack recipes, all five ingredients or less. Share your snack creations on social media using #FernwoodFitness.

We hope you enjoy!

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OUR

nutritious

TAKE ON THIS CLASSIC SNACK

HOMEMADE HUMMUS DIP WITH VEGGIE STICKS

Serves 4

Ingredients:

240g chickpeas, drained
1 tbsp extra virgin olive oil
20g lemon juice
40ml water
70-80g of veggie sticks,
such as celery, carrot,
cucumber, beans, snow
peas or asparagus

Method:

1. Drain and rinse chickpeas. Juice lemon.
2. Blend all ingredients together until smooth.
3. Serve with veggie sticks and enjoy.

Store in the fridge for up to 4 days.

FRESH AND FRUITY
WITH THE RIGHT
AMOUNT OF

sweetness

BERRY SMOOTHIE

Serves 1

Ingredients:

- 150ml almond milk
- 100g mixed berries
- 5g honey
- ½ tsp vanilla essence

Method:

1. Add all ingredients into a blender.
2. Blend until smooth.
3. Serve and enjoy.



CRISPY VEGGIE CHIPS

CHIPS SO GOOD
YOU'LL FORGET
THEY'RE
healthy

Serves 1

Ingredients:

70g raw beetroot

72g sweet potato

70g turnip

70g parsnip

Extra virgin olive oil spray

Method:

1. Pre-heat the oven to 180°C.
2. Slice each vegetable into thin rounds using a mandolin peeler or vegetable peeler, just like chips.
3. Add the slices to a bowl and spray with olive oil, mixing well to coat.
4. Line a baking tray with baking paper and place the vegetable slices in a single layer on the tray.
5. Bake for 20 minutes checking to make sure they do not burn.
6. Remove from oven, and if required flip each slice over and bake for a further 10 minutes or until crisp and golden brown.
7. Season lightly with your choice of seasoning.
8. Serve and enjoy.

CHOCOLATE AND RICOTTA STUFFED DATES

Serves 1

Ingredients:

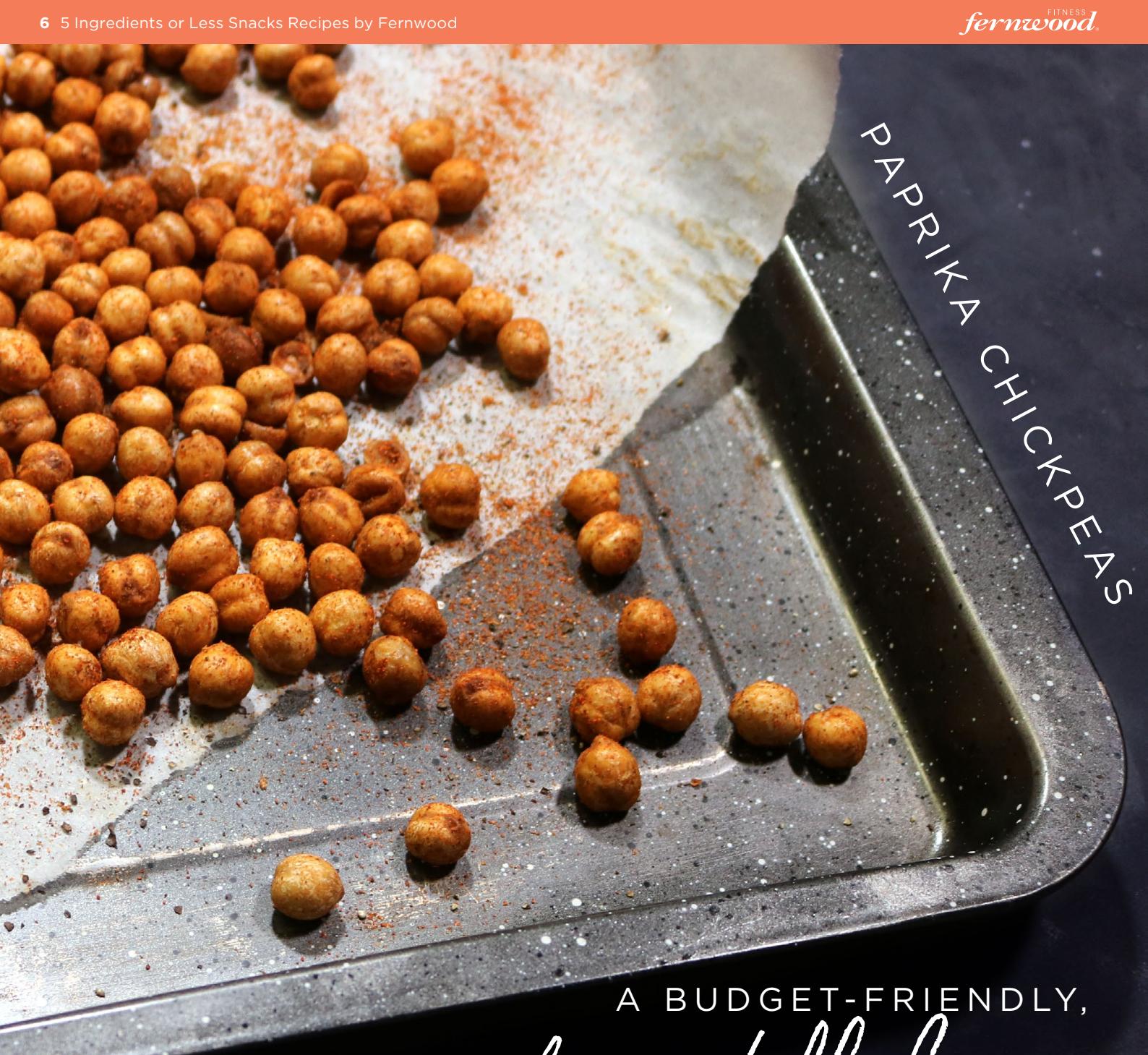
34g dates
6g 85% cocoa dark chocolate
80g reduced-fat ricotta cheese

Method:

1. Halve the dates and fill with ricotta.
2. Sprinkle or drizzle with dark chocolate.
3. Serve and enjoy.

SATISFY YOUR CHOCOLATE CRAVING WITH THIS delicious TREAT





PAPRIKA CHICKPEAS

A BUDGET-FRIENDLY,
protein-filled SNACK

Serves 1

Ingredients:

75g chickpeas

¼ tsp paprika

21g 50% reduced-fat grated cheese

Method:

1. Preheat oven to 230°C.
2. Drain, rinse and pat-dry chickpeas.
3. Combine the chickpeas in a bowl with paprika and salt and pepper.
4. Bake chickpeas for 30 minutes or until golden brown.
5. Serve in a bowl and top with cheese.



VEGGIE-TOPPED ENGLISH MUFFIN

Serves 1

Ingredients:

½ wholemeal English muffin
1 tbsp extra-light cream cheese
20g vegetable of your choice,
such as cucumber or tomato

Method:

1. Toast the muffin.
2. Top the muffin with the cream cheese and vegetables.
3. Season with pepper.
4. Serve and enjoy.



Serves 1

Ingredients:

- 15g rice crackers
- 40g strawberries
- 25g low-fat cottage cheese
- Cinnamon to serve

Method:

1. Top each cracker with the cheese, strawberries and a sprinkle of cinnamon.
2. Serve and enjoy.

A SNACK THAT WILL FEEL
A LITTLE BIT

fancy

GOAT'S CHEESE BOATS

Serves 1

Ingredients:

30g goat's feta

100g cucumber

5g basil or herb of your choice

Method:

1. Slice cucumber to have 5-7 round 'boats'.
2. Top each with feta and sprinkle with fresh herbs.
3. Serve and enjoy.





GET YOUR
BODY
MOVING
WITH A
Workout

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