

Empowering women to be happy, healthy and feel their very best



Wishing you a warm welcome

I'm excited to help you navigate your way through perimenopause and menopause. Giving you the tools, support and motivation to reclaim your health and feel your very best. I really hope you find this healthy snacks guide useful and enjoy the recipes. Please do get in touch with your feedback and share pictures of your creations on our social media channels [@rebalancebysally](https://www.instagram.com/rebalancebysally) - let's build a sharing, caring community.

Sally X



Healthy Snacks & Party nibbles

Houmous dip

Ingredients:

- 400g can of chickpeas
- 2 lemons, juiced
- 1 garlic clove
- 1 tbsp tahini paste
- 3 tbsp olive oil



Method:

1. Whizz together all the ingredients in a blender/ food processor until smooth. Add more olive oil to loosen if it's too thick.
2. Serve with sticks of carrots, cucumber, celery and pepper.
3. Enjoy!



Baba Ghanoush dip

Ingredients:

- 2 medium aubergines
- 40ml olive oil
- ¼ tsp ground coriander
- ¼ tsp ground cumin
- 2 tbsp tahini
- 1 large lemon, juiced
- ½ small bunch parsley, finely chopped



Method:

1. Pre-heat the oven to 220°C
2. Line a baking tray with parchment paper to prevent sticking.
3. Halve the aubergines, brush the cut side with olive oil and place them flat side down on the baking tray. Roast for 40 mins turning half way through. Set aside to cool for a few minutes. Scoop out the flesh with a large spoon, leaving the skin behind.
4. Place the flesh of the aubergine in a food processor with all the other ingredients. Pulse 3-4 times to create a chunky texture dip.
5. Serve with sticks of carrots, cucumber, celery and pepper.
6. Enjoy!



Spicy chickpeas & almonds

Ingredients for spicy chickpeas:

- 400g can of chickpeas, drain, rinse and dry
- 1 tbsp olive oil
- 1 tsp cayenne pepper
- 1 tsp ground cumin
- 1 tsp ground coriander



Method:

1. Pre-heat oven to 200°C
2. Mix the spices and olive oil in a bowl. Add the chickpeas and combine until fully coated.
3. Pour onto a baking tray and roast for 30 mins
4. Enjoy!

Ingredients for spicy almonds:

- 400g almonds
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground coriander

Method:

5. Mix the spices and olive oil in a bowl. Add the almonds and combine until fully coated.
6. Pour onto a baking tray and roast for 15 mins
7. Enjoy!



Easy egg muffins

Ingredients for 12 muffins:

- 12 eggs
- 1 tsp olive oil
- 2 spring onions chopped
- 2 tomatoes chopped
- A handful of spinach
- 50g feta cheese



Method:

1. Preheat oven to 190°C
2. Lightly coat 12 holes of a muffin tin with olive oil.
3. Place eggs in a large bowl, whisk to blend.
4. Add the other ingredients to the eggs and combine stirring gently.
5. Pour the egg mixture into muffin cups evenly.
6. Bake for 16 minutes until a toothpick inserted into the centre comes out clean.
7. Eat hot or cold
8. Enjoy!



Festive protein balls

Ingredients:

- 250g stoneless dates
- 250g raisins
- 250g walnuts, almonds or hazelnuts
- 150g desiccated coconut
- 3 tbsp raw cacao (optional)



Method:

1. Wizz all the ingredients in a food processor for 1 minute/ speed 9 until the mixture is slightly warm.
2. Roll the mixture into balls and then roll in some coconut to fully coat.
3. Enjoy!



Peanut butter snowballs

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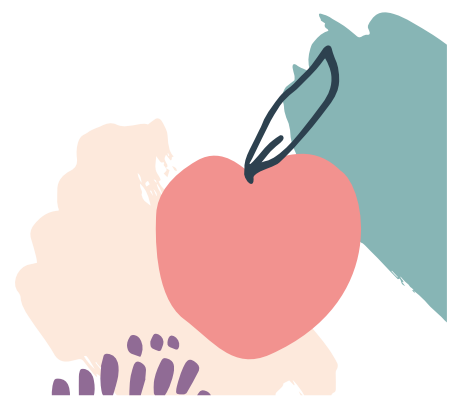
Ingredients:

- 100g pecan nuts
- 75g raisins
- 1 tbsp flaxseeds
- 1 tbsp cacao
- 50g desiccated coconut
- 2 tbsp pure peanut butter



Method:

1. Put the pecan nuts in the food processor and blitz to a crumb consistency.
2. Add the raisins, flaxseeds, cacao and peanut butter and pulse to combine
3. Roll the mixture into balls and then roll in some coconut to fully coat. Place in fridge.
for 20 minutes until firm.
4. Enjoy!



Other ideas for snacks & nibbles



Olives



Boiled eggs



Edamame



Kale Crisps



Nuts



Cherry bell peppers



Popcorn



Prawns with soy sauce



Crudites



Other ideas for snacks & treats



Watermelon Xmas trees



Apple & peanut butter



Dark chocolate strawberries



Dates and Figs



Whole fruit



Greek yoghurt fruit/ seeds

