


Snacks can be healthy, we promise

 wzzm13.com/article/entertainment/television/programs/my-west-michigan/snacks-can-be-healthy-we-promise/69-684a091a-64cf-4aad-af76-ce322a4f98e4

June 18,
2019

We all need snacks in our lives, and according to the Hartman Group, snacks actually make up about 50% of all eating occasions. But not all snacks are created equal, and during their research the Hartman Group also found that there are three main drivers for snacks: nourishment, optimization, and pleasure.

During the summer months, there may be even more opportunities and temptations to snack with outdoor activities and vacations causing a less structured meal patterns, and with many snacks being used to make us happy, it's easy for those to wander into the unhealthy realm. To keep us from getting into bad habits, we have some tips on how to snack healthily while also fitting in with summer's on-the-go lifestyle. Shari Steinbach, a MS RDN and [nutrition and culinary consultant](#), shared some of her favorites.

Snacking for nourishment-- satisfies hunger, hydration, and health

- Low Sugar Yogurt with Whole Grain Granola & Fresh Fruit
- Watermelon Pops and Low-Fat Cheese Cubes
- Fresh Veggies with Hummus

Snacking for optimization-- provides energy, recovery, mental focus, and stress reduction

- Beef Jerky Trail mix and Iced Green Tea
- Energy Balls and Sparkling Fruit Juice
- Iced Fat Free Latte and Fruit Bar

Snacking for pleasure-- satisfies a craving, offers variety or indulgence, provides comfort and flavor

- Chocolate Coconut Granola and Low-Fat Milk
- Global Flavored Chickpea Snack
- Chocolate Chia Pudding* with Raspberries

Beef Jerky Trail Mix



Shari Steinbach Nutrition and Culinary Strategies

A convenient snack to fuel your day. Add store-bought beef jerky to a mix of seeds, nuts, and fruits.

- 1 cup chopped beef jerky
- 1/2 cup whole almonds
- 1/4 cup dried cranberries
- 1/4 cup sunflower seeds

Mix all ingredients in medium bowl. Store in an airtight container in the refrigerator.

Note: May substitute other nuts, fruit or seeds.

This recipe is an excellent source of Dietary Fiber, Protein, Iron, Potassium, Zinc, and Selenium

[Recipe Source](#)

Energy Balls



Shari Steinbach Nutrition and Culinary Strategies

No baking required for these yummy energy balls! They make a perfect snack for summer hiking or biking. Enjoy!

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 tsp vanilla extract
- 1 cup old-fashioned oats (raw)
- 2/3 cup shredded coconut
- 1/2 cup ground golden flaxseed meal
- 6 Tbsp mini chocolate chips

1. In a large mixing bowl, blend together peanut butter, honey and vanilla extract.
2. Add remaining ingredients and stir until well blended.
3. Transfer mixture to refrigerator and chill for approximately 30 minutes.
4. Remove from refrigerator and shape into 1-inch balls. Store in refrigerator in an airtight container.

Chocolate Chia Pudding



Shari Steinbach Nutrition and Culinary Strategies

A creamy and delicious treat that will satisfy your chocolate craving while delivering a healthy dose of fiber, protein and calcium.

- 1 cup 2% milk divided
- 6 Tablespoons chia seeds
- 1/4 cup honey
- 2 Tablespoons cocoa powder
- 1/8 teaspoon salt
- 1 teaspoon vanilla extract
- Toppings – fresh berries and mini chocolate chips

1. In a blender or food processor add 1/2 cup milk, chia seeds and honey; blend until seeds are ground up.
2. Add remaining 1/2 cup milk, cocoa powder, vanilla and salt and blend until smooth.
3. Transfer to a container, cover and refrigerate for 3-4 hours.

Original recipe

► **Make it easy to keep up to date with more stories like this.** [Download the 13 ON YOUR SIDE app now.](#)

Love My West Michigan? Check us out on and [Instagram](#).

