

# MAKE-AHEAD SNACKS



## EDAMAME DIP

**GOOD SOURCE OF PLANT-BASED PROTEIN AND FOLATE**

### **NUTRITIONAL INFORMATION**

Calories 70; Fat 4g; Saturated Fat 0g; Carbohydrates 4g; Sodium 163mg; Fiber 2g; Protein 5g

## ENERGY BALLS

**GOOD SOURCE OF FIBER AND HEALTHY FATS**

### **NUTRITIONAL INFORMATION**

Calories 97; Fat 6g; Saturated Fat 1g; Sodium 53mg; Carbohydrate 7g; Fiber 2g; Protein 3g

## ROASTED CHICKPEAS

**EXCELLENT SOURCE OF PLANT-BASED PROTEIN**

### **NUTRITIONAL INFORMATION**

Calories 179; Fat 6g; Saturated Fat 1g; Carbohydrates 25g; Sodium 262mg; Fiber 7g; Protein 8g



## EDAMAME DIP – SERVES 6

### INGREDIENTS:

1 ½ cups frozen shelled edamame, defrosted  
1 tablespoon extra-virgin olive or canola oil  
½ teaspoon salt  
½ teaspoon ground cumin  
¼ teaspoon ground coriander  
2 garlic cloves, peeled  
3 tablespoons water  
¼ teaspoon red pepper flakes  
Cut raw vegetables, whole grain crackers, or pita chips for dipping

### PREPARATION:

1. Combine all ingredients in a blender or food processor. Pulse 4-5 times until smooth, scraping down the sides as needed. Serve with raw vegetables, crackers, or pita chips for dipping.
2. Store in an airtight container in the refrigerator for up to one week.

## ENERGY BALLS – MAKES 12 BALLS

### INGREDIENTS:

½ cup old fashioned rolled oats  
1 Tablespoon flaxseed  
1 Tablespoon chia seeds  
1 Tablespoon hemp seeds  
2 tablespoons dried cranberries  
2 tablespoons mini dark chocolate morsels  
Pinch of sea salt  
½ cup sunflower seed butter (or any nut butter)  
1 Tablespoon maple syrup

### PREPARATION:

1. In a large mixing bowl, mix the oats, flaxseed, chia seeds, hemp seeds, dried cranberries, chocolate chips, and sea salt.
2. Add the sunflower seed butter and maple syrup. Mix gently with a spoon or your hands to incorporate all ingredients.
3. Roll the mixture into 1-inch balls (about the size of a ping pong ball). Enjoy immediately or allow to chill for a minimum of one hour before serving.
4. Keep covered in the fridge up to one week.

## ROASTED CHICKPEAS – SERVES 4

### INGREDIENTS:

1 (15-ounce) can chickpeas, rinsed and drained  
1 tablespoon olive oil  
1 teaspoon kosher salt  
2-4 teaspoons of additional spices or chopped fresh herbs for toppings, such as cinnamon sugar, smoked paprika, za'atar, fresh rosemary, or parsley and parmesan cheese



## PREPARATION:

1. Preheat oven to 400°F.
2. Spread the rinsed chickpeas out on to a sheet pan lined with paper towel. Cover with additional layers of paper towel and allow to dry at least 5-10 minutes until the chickpeas are dry to the touch (the drier your chickpeas are, the crisper they will be).
3. Spread the chickpeas on to another sheet pan lined with parchment paper. Drizzle the oil over the chickpeas and sprinkle salt on top. Stir the chickpeas on the pan to combine and coat with the oil.
4. Roast the chickpeas 20-30 minutes, stirring or shaking the pan every 10 minutes. Chickpeas are done when they are golden and crispy.
5. Transfer the warm chickpeas to a bowl and toss with any additional seasoning blend.
6. Store up to 3 days in an airtight container.

## EQUIPMENT NEEDED

- 1-2 baking sheets
- 1 large mixing bowl
- Blender or food processor

## INGREDIENTS

### *Produce*

- Raw vegetables for dipping
- 2 garlic cloves

### *Frozen*

- 1 ½ cups frozen shelled edamame

### *Baking, Canned, and Non-perishables*

- 1 (15-ounce) can chickpeas, rinsed and drained
- ½ cup old-fashioned oats
- 1 tablespoon flaxseed
- 1 tablespoon chia seeds
- 1 tablespoon hemp seeds
- 2 tablespoons dried cranberries
- 2 tablespoons mini dark chocolate morsels
- ½ cup sunflower seed butter (or any nut butter)
- 1 tablespoon maple syrup
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ¼ teaspoon red pepper flakes
- 2 tablespoons olive oil
- Salt

## MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.*

*PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe.*

## EDAMAME DIP:

Defrost the edamame according to package directions.

## ENERGY BALLS: N/A

## ROASTED CHICKPEAS:

Dry the chickpeas at least 15 minutes by spreading out on a baking sheet lined with a paper towel.

