On the Go Snack Recipes

Easy recipes to keep you fueled all day long!
No Bake Energy Bites

Ingredients:
- 1 1/2 cups old fashioned rolled oats
- 1/2 cup sunflower or peanut butter
- 1/3 cup pure maple syrup or honey
- 1/3 cup dark chocolate chips or dried fruit

Directions:
1. Add all of the ingredients to a large bowl. Mix together until well incorporated.
2. Cover and chill in a refrigerator for at least 30 minutes.
3. Roll into balls (about 3 cm diameter).
4. Store in a sealed container in the refrigerator.

Makes 16 energy bites
Savoury Roasted Chickpeas

**Ingredients:**
- 1 can chickpeas, drained and rinsed
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp red pepper flakes
- 1/2 tsp paprika
- 1-2 tsp olive oil

**Directions:**
1. Preheat oven to 450 F
2. Blot chickpeas with a paper towel to dry them.
3. Toss chickpeas with olive oil, and season with salt, garlic powder, red pepper flakes, and paprika.
4. Spread on a baking sheet, and bake for 30 to 40 minutes, stirring halfway through.
**NO NUTS TRAIL MIX**

**INGREDIENTS:**
- 1 cup shredded cereal (or similar)
- 3/4 cup unsalted sunflower seeds
- 3/4 cup roasted pumpkin seeds
- 1/2 cup dried fruit
- 1/4 cup smarties or chocolate chips

**DIRECTIONS:**
1. Mix all ingredients and store in an airtight container.

Tip: You can swap seeds for unsalted almonds, peanuts or coconut chips!
Apple Crisp Parfait

Ingredients:
- ¾ cup plain Greek yogurt
- 1 small apple, diced
- 2 tbsp granola or crunchy cereal
- 1 tsp maple syrup
- Cinnamon

Directions:
1. Place diced apple in a microwave-safe bowl. Sprinkle with cinnamon, cover, and microwave 1-2 minutes or until apple is soft and cooked. Let cool.
2. Mix yogurt with maple syrup.
3. Layer yogurt, apple and granola to make a parfait.