

Healthy snack ideas (often high in fat and protein):

Olives: high in fat, filling. Need only a few nuts

Trail mix with a variety of nuts, carob pieces (or a few dark chocolate nibs), a few dried cranberries or raisins

Fat bombs - these are keto, filling (attached)

Sesame and kelp snacks: delicious and nutritious, also filling (attached)

Celery sticks and hummus

Deviled eggs or hard boiled egg

Avocado pudding - surprisingly tasty, always a hit. Best if freshly made. Tastes great without chocolate powder or other flavor. High in fat

Recipe: in a blender add: 1 large avocado, ½ to ¾ cup of oat milk, juice of 1 lemon, 1 tablespoon of monk fruit or erythritol (to replace sugar). Blend and adjust the taste and consistency (by adding more sweetener, lemon or milk)

Celery salad, carrot/beet salad or similar hearty salad ready to eat. These will keep for 2-3 days in the refrigerator if they don't have animal products.

For the celery salad: slice celery thin (4 cups sliced); grate of chops small 1 clove of garlic; add juice of 1 lemon, ½ cup of olive oil and salt. Let it sit for 30 minutes. Optional: 1 tablespoon of nutritional yeast flakes

For the carrot/beet salad: surprisingly tasty: grate 2/3 carrot and 1/3 raw peeled beet. Add juice of 1 large lemon, salt and 1/2-¾ cup of olive oil. Let it sit for 30 min. Adjust seasoning with more salt or lemon.

Cauliflower and ranch sauce crackers

Recipe: www.allrecipes.com/recipe/276109/spicy-ranch-cauliflower-crackers/

Miso soup with tahini: in 10-12 ounces of hot water add 1 heaping tablespoon of miso paste; and 1 teaspoon of tahini. You can grate ginger for added taste. Tahini adds the fat and consistency. This is my go-to when I don't have time to prepare anything.

"Candy" (*For special occasions*) - 1 cup natural almond butter or peanut butter, 1/2 cup carob powder, 1/2 cup mashed banana, 2 tsp vanilla. Mix together, shape into balls, and roll in cinnamon. If desired, press a walnut half on top. Store in refrigerator. Variation: Mix peanut and almond butter and granola. Refrigerate.

Almond Flour Muffins

PALEO ALMOND FLOUR MUFFINS--MASTER RECIPE WITH VARIATIONS

Serves: 10

INGREDIENTS

- 2-1/2 cups almond flour or almond meal
- ¾ tsp baking soda
- ½ tsp fine sea salt
- 3 large eggs
- ½ cup unsweetened pumpkin puree, thawed winter squash puree, butternut squash puree, unsweetened apple sauce, or mashed very ripe banana
- 2 tablespoons honey, agave nectar or maple syrup
- 2 tablespoons coconut oil (melted) or vegetable oil
- 1 teaspoon vinegar (white or cider)
- Optional Flavorings: 1 teaspoon extract (e.g., vanilla, almond), citrus zest, dried herbs (e.g., basil, dill), or spice (e.g., cinnamon, cumin)
- Optional Stir-Ins: 1 cup fresh fruit (e.g., blueberries, diced apple) or ½ cup dried fruit/cacao nibs/chopped nuts/seeds or

INSTRUCTIONS

Preheat oven to 350F. Line 10 cups in a standard 12-cup muffin tin with paper or foil liners.

In a large bowl whisk the almond flour, baking soda and salt (whisk in any dried spices or herbs at this point, if using).

In a small bowl, whisk the eggs, pumpkin, honey, oil and vinegar (add any extracts or zest at this point, if using).

Add the wet ingredients to the dry ingredients, stirring until blended. Fold in any optional stir-ins, if using.

Divide batter evenly among prepared cups.

Bake in preheated oven for 14 to 18 minutes until set at the centers and golden brown at the edges. Move the tin to a cooling rack and let muffins cool in the tin 30 minutes. Remove muffins from tin.

NUTRITION INFORMATION

Serving size: 1 muffin Calories: 229 Fat: 17.5 g Carbohydrates: 10.2 g Fiber: 3.2 g Protein: 8 g

Serves: 4 muffins

Nut Butter Fat Bombs – 3 is a serving

Ingredients:

- ½ cup almond butter (Hemp butter)
- ½ cup coconut oil
- 2 Tbsp of cocoa
- ½ tsp of vanilla
- ¼ tsp of salt (or to taste)

1. Mix everything in a pot over low heat.
2. Once melted and combined, pour into ice cube trays.
3. Place trays in the freezer for 20 minutes.
4. Pop out the fat bombs and store in a baggie in the freezer.
5. Enjoy!

Calories: 116	Carbs: 2 g
Protein: 2 g	Fiber: 1 g
Fat: 12 g	Fat %: 93%

I add roasted pine nuts

You can use a little Erythritol to sweeten it

Shared by Karen Davis, www.karendavisnutrition.com

Ingredients

- 1/2 cup [coconut oil](#)
- 3/4 cup [pumpkin puree](#)
- 1/3 cup [golden flax](#)
- 1 teaspoon [cinnamon](#) or I used 2 drops cinnamon bark vitality essential oil
- 1/2 teaspoon [nutmeg](#)
- 1/4 teaspoon [sea salt](#)

Sweetener of choice (choose one)

- 1/4 cup [confectioners swerve](#)
- 1/3 teaspoon stevia or to taste

Instructions

1. Mix all the ingredients in a bowl and place in the freezer for 30 minutes.
2. Roll into balls and place on a plate.
3. Let the balls sit in the refrigerator for 1 hours before eating. Keeps for a week or longer in the freezer.

Recipe Notes

Nutrition Info:

Net Carbs: 0.9 g

Nutrition facts based on 12 servings

1/2 cup coconut sugar can be used for a paleo version, if desired

Sesame Kelp bars
By Sussana Czeranko

3 cups sesame seeds
½ cups nuts (optional)
½-1 cups kelp in small pieces
½ cup brown rice syrup
½ maple syrup
1 tsp vanilla

In a saucepan, add brown rice and maple syrup and cook until the syrup bubbles and froths (make sure the pan is large enough that the syrup won't boil over).

Add the kelp, sesame seeds and nuts, vanilla and stir with syrup.

Pour mixture in a large pan with sides with a sheet of parchment paper, pat and flatten (you may need to wet fingers to do this)

Bake at 220 F for 1-2 hours until lightly brown

Take pan out of the oven and let cool for a few minutes; score the cookies

Once they cool they are difficult to cut in equal squares and equally difficult to cut too soon before they cool.

