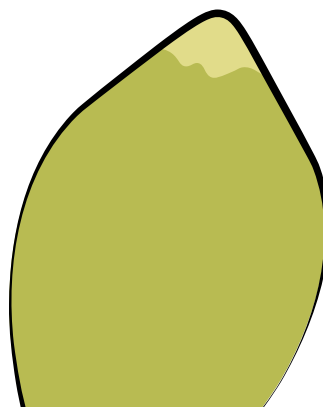
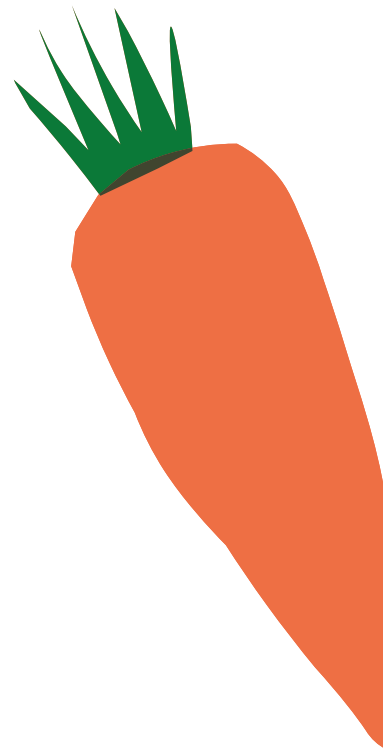
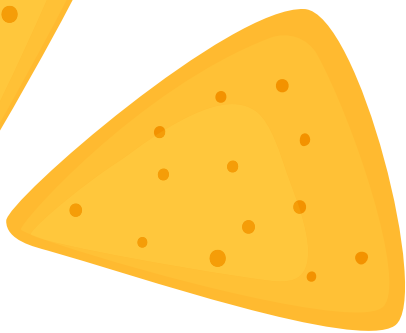


Snacks





Creamy Hummus

3 Ways

Instructions

Serves: 8 (each recipe)

Basic Hummus

1. Heat garbanzos on stove or microwave to get warmed (optional step to help make more creamy).
2. Place all ingredients in food processor or blender and blend until very smooth. Can add more/less water as needed to make smooth.

Beet Hummus

1. Cook one beet (3 oz) until very soft—can do in oven wrapped in foil for 45-60 min at 400 degrees or microwave on high 3 minutes and then let sit 5 min in microwave safe parchment paper.
2. Prepare basic hummus with modifications: only 1 Tablespoon lemon juice and tahini and no cumin. Add beet chunks (cut into small cubes), honey, salt, pepper and blend in food processor or blender until smooth.

Cauliflower Curry Hummus

1. Preheat oven to 450 degrees.
2. Chop cauliflower and put in bowl with olive oil, curry powder, salt, and pepper to mix. Spread out on baking sheet.
3. Roast cauliflower for 20 minutes, stirring after 10 min.
4. Add roasted cauliflower to basic hummus recipe and blend in food processor until smooth.

Ingredients

Basic Hummus

2 cups of cooked garbanzo beans (1 15 oz can or homemade)

1-2 Tablespoons lemon juice

1-2 Tablespoons tahini

1 Tablespoon olive oil

¼ teaspoon salt

3 Tablespoons water

1 large garlic clove

1 ½ teaspoon cumin

Beet Hummus

Basic Hummus recipe above

Except reduce lemon juice and tahini to 1 Tablespoon each and no cumin

1 beet (3 oz)

½ teaspoon honey

¼ teaspoon salt (in addition to salt in above recipe)

¼ teaspoon pepper

Cauliflower Curry Hummus

Basic hummus recipe

1 cup cauliflower, cut into small pieces

2 teaspoons olive oil

¾ teaspoon curry powder

¼ teaspoon salt

¼ teaspoon pepper



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Kale Chips & Crispy Chickpeas



Instructions

Serves: 4

Kale Chips Instructions

1. Preheat oven to 350 degrees F.
2. Cut or tear kale into bite-size pieces.
3. Coat with a thin layer of olive oil, season with a small amount of salt and your preferred seasonings.
4. Bake at 350 degrees F for 10-15 minutes or until crispy, moving around kale after 8 min. Make sure to check regularly as they can burn quickly!

Crispy Chickpeas Instructions

1. Preheat oven to 400 degrees F.
2. Drain chickpeas from water and pat dry.
3. Toss with olive oil, salt and your preferred seasonings.
4. Bake at 400 degrees F for 30-40 minutes, checking every 10-15 min to turn and check to make sure when nicely brown and crispy.

Ingredients

Kale Chips:

- 1 large bunch kale
- ¼ teaspoon salt
- 1 teaspoon olive oil

Crispy Chickpeas:

- 1 can (15 oz) garbanzo beans/chickpeas
- ¼ teaspoon salt
- 1 teaspoon olive oil

Optional Seasonings:

- Garlic powder
- Nutritional yeast
- Cumin
- Paprika
- Chili powder
- Italian seasoning
- Garam Masala



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5 Ingredient Seed Crackers

Instructions

Serves: 6

1. Mix all ingredients and let sit for 5-10 minutes until thickened (flaxseeds and water create an almost gelatinous mixture.)
2. Preheat oven to 350 degrees F.
3. Line a baking sheet with parchment paper. Spread mixture into a flat surface on the parchment paper lined baking sheet.
4. Bake for 50 minutes, rotating halfway through.
5. Allow to cool and then break into smaller pieces.

Recommend serving with hummus or nut butter of your choice

Ingredients

6 Tablespoons ground flaxseed

1/4 cup pumpkin seeds

1/4 cup sunflower seeds

1/4 cup sesame seeds
(can use black or white)

1 teaspoon garlic salt (or other desirable seasonings)

3/4 cup water



Mango Avocado Lassi

Instructions

Serves: 2

1. Make the Golden Spice Mix: Combine all spices in a glass container and stir well or shake. This will make extra--use on oatmeal, overnight oats, mixed with plant-based milk to make golden milk, etc.
2. Add the mango, dates, avocado, plant-based milk, ginger, golden spice mix, flaxseed powder, lime juice, ice, and optional salt and cayenne into a blender. Blend on high until all ingredients are fully blended.
3. Add additional plant-based milk if needed for consistency.
4. Taste for sweetness and add more dates as needed.
5. Top with a dash of ground cayenne if you like spice or ground cinnamon if you like some warmth.

Note:

Organic unsweetened soy milk will give you the creamiest texture.

Ingredients

- 1 cup mango (fresh or frozen)
- 5 medium dates
- ½ cup avocado
- 1 cup unsweetened plant-based milk of choice
- 1 teaspoon ginger (fresh, minced)
- 1 teaspoon golden spice mix
- 2 teaspoons flaxseed powder
- 1 medium lime (juiced) --about 1 Tablespoon juice
- 1 handful of ice

Optional:

- Pinch of salt
- ¼ teaspoon ground cayenne

Golden Spice Mix:

- 2 Tablespoons ground turmeric
- 2 teaspoons of each: ground ginger, cinnamon
- 1 teaspoon of each: ground cardamom, black pepper
- 1/8 teaspoon each: ground nutmeg, ground clove



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Almond Crackers

Instructions

Serves: 45 crackers

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
2. Mix almond flour, walnuts, flax seed meal, and salt together in a bowl until well combined. Add water and olive oil; mix until dough is moist and holds together.
3. Turn dough onto prepared baking sheet. Place a second piece of parchment over dough. Roll dough, using a rolling pin, into a 1/16 inch thick rectangle. Remove top piece of parchment paper and cut sides of dough to make an even rectangle. Add excess dough to corners or 1 end of rectangle and re-roll to uniform thickness.
4. Cut dough into 1-inch squares using a pizza cutter, keeping dough still attached.
5. Bake in the preheated oven until outside edges of dough are browned, about 15 minutes. Cool crackers on the baking sheet; break into squares.

Note: You can substitute 2/3 cup almond meal plus 1/3 cup pumpkin seed meal for the 1 cup almond flour if desired.

Ingredients

- 1 cup almond flour
- 2 Tablespoons finely chopped walnuts
- 1-1/2 teaspoons flax seed meal
- 1/2 teaspoon salt
- 2 Tablespoons water
- 1-1/2 teaspoons olive oil



Caramel Apple Dip

Instructions

Serves: 8-10

1. Add Medjool dates and water to a bowl and let set (about 10 minutes to soften).
2. Add the almond butter, vanilla, pinch salt, and cinnamon to the food processor. Puree on high speed until completely smooth, a minute or two. Add more water, a tablespoon at a time, if needed to keep things moving.
3. Serve with sliced apples to dip!

Ingredients

10 Medjool (large) dates, pitted
1/2 cup boiling hot water
1/4 cup almond butter
1/2 teaspoon vanilla
1/4 teaspoon ground cinnamon
Pinch kosher salt



Guacamole with Baked Chips

Instructions

Serves: 4

Tortilla Chips:

1. Preheat oven to 350 degrees.
2. Cut tortillas into triangles (About 8 per tortilla) and spread out on a cookie sheet or large oven proof pan.
3. Spray tortillas with cooking spray or lightly coat with oil and sprinkle salt on top.
4. Put tray in the oven and cook until just browned and crispy (about 10-15 min, stirring half way through).
Alternatively, you can bake chips in an air fryer for 6-8 minutes.

Guacamole:

1. Mash together the avocados, lime juice, and salt in a bowl.
2. Mix in onion, cilantro, tomatoes, and garlic.
3. Stir in cayenne pepper.

Ingredients

- 1 large or 1 ½ medium avocados - peeled, pitted, and mashed
- ½ lime, juiced
- ½ teaspoon salt
- ¼ cup diced onion
- 1-2 Tablespoons chopped, fresh cilantro
- 1 small to medium tomato, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper
- 4 corn tortillas
- Salt for tortillas (sprinkle)
- Cooking spray or olive or canola oil



Caramel Peanut Butter Berry Roll Up

Instructions

Serves: 1

1. Make caramel: Spread peanut butter (or other nut butter) on tortilla. Add honey or date syrup on top of nut butter and using knife mix them together.
2. Top caramel mixture with chopped up strawberries and other berries or other chopped fruit of your choice.
3. Top with sunflower seeds and sprinkle with cinnamon if using.
4. Roll up and enjoy!

Notes:

- Use a large whole wheat tortilla if this is for breakfast or lunch and use a small one if this is for snack.
- Packs well for school/work/hiking lunch or snack!

Ingredients

1 whole wheat tortilla

1 Tablespoon peanut butter (or other nut butter: almond, cashew, sunflower seed)

½ teaspoon honey or date syrup

1-2 strawberries, chopped

2 Tablespoons of berries of your choice: blueberries, raspberries, blackberries

Alternative fruit: apple slices, chopped cherries, banana slices, etc.

Sprinkle of cinnamon (optional--especially good with apples or bananas)

1 teaspoon roasted sunflower seeds (optional)



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Alternative fruit: apple slices, chopped cherries, banana slices, etc.

Sprinkle of cinnamon (optional--especially good with apples or bananas)

1 teaspoon roasted sunflower seeds (optional)



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Seed Bark Granola

Instructions

1. Preheat the oven to 350° F. Line a baking sheet with parchment paper
2. In a bowl combine the pumpkin seeds, sunflower seeds, sesame seeds, ground flaxseeds, chia seeds, and maple syrup.
3. Toss all the ingredients until well coated. Place the mixture onto the lined pan and press out to about 1/4-inch thick or a bit less.
4. Bake for 18 minutes, rotate the pan halfway through if your oven bakes unevenly. Do not let it burn.
5. Remove from the oven and let cool, you can hear it crack-ling as it cools. This is an important stage as this is when it stiffens and gets crispy.
6. After cooling for 20 minutes, pick up the baking sheet 8 inches in the air and let it fall onto the counter. This helps the granola shatter into pieces –or you can be more civil and start crumbling by hand.
7. Store (the amount you have not already nibbled on) in an airtight container when completely cooled.

Enjoy!

Ingredients

- 1 ½ cups raw pumpkin seeds
- ½ cup raw sunflower seeds
- ¼ cup raw sesame seeds
- ¼ cup ground flax seeds
- 2 Tablespoons chia seeds
- 2 Tablespoons date or maple syrup (just enough to barely coat everything)

Excerpted from The Engine 2 Cookbook
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Banana Nut "Ice Cream" Sandwiches

Instructions

Serves: 4

1. Peel one banana and mash it up in a bowl
2. Add peanut butter and yogurt and mix well. Add cocoa powder or cinnamon if you are using it.
3. Slice other 4 bananas into slices (about 1 cm each)
4. Spread peanut butter/ yogurt mash onto 1/2 of the banana slices and top with another banana slice to make a sandwich.
5. Freeze at least 2-3 hours.
6. Enjoy!

Ingredients

5 medium sized ripe bananas

2 Tablespoons peanut butter
(or nut butter of your choice)

¼ cup unsweetened Greek
yogurt (or coconut or cashew
milk yogurt)

Optional:

1/2 teaspoon cocoa powder
(unsweetened)

1/4 teaspoon cinnamon



Black Bean Dip

with crispy tortilla chips

Instructions

Serves: 8, 1/4 cup each

Bean Dip:

1. Blend ingredients in a blender* or food processor*.
2. Adjust seasoning if desired.
3. Serve with cut up vegetables or homemade tortilla chips.

*Note: if you do not have a blender or food processor, you can use a potato masher or fork, but it may be a bit chunkier.

Baked tortilla chips:

1. Cut tortillas into triangles (about 8 per tortilla). Optionally can sprinkle with some salt.
2. Place corn tortillas in toaster oven or in oven at 350 degrees F and cook until just browned and crispy, about 15-20 minutes. (If you have an air fryer, it works great on lowest temp setting cooking for about 8-10 minutes, checking to make sure it doesn't burn).

Ingredients

1 14.5 oz can of black beans
(rinsed and drained)

¾ cup chopped fresh or
canned tomatoes

1 teaspoon garlic powder

½ teaspoon ground coriander

1 teaspoon ground cumin

2 teaspoons lemon or lime
juice

1/2 teaspoon salt (can adjust
to taste)

Tortilla chips:

8 Corn tortillas

Salt to taste



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Orange Spiced Pepitas

Instructions

Makes 1 cup

1. Heat oil in small skillet over moderately low heat, then add pumpkin seeds.
2. Toast, stirring constantly, until puffed and golden, 8-10 minutes.
3. Combine orange zest, salt, sugar, cayenne, and cinnamon.
4. Toss toasted seeds with spice mixture.

Ingredients

1 teaspoon canola oil

1 cup raw hulled pumpkin seeds (pepitas)

Grated zest of 1 orange

½ teaspoon salt

¼ teaspoon sugar

¼ teaspoon cayenne pepper

1/8 teaspoon ground cinnamon



Beet Hummus

Instructions

Serves: 8

1. To make hummus creamy, warm garbanzo beans in the microwave for 45 to 60 seconds.
2. Put all ingredients (except optional garnish) into food processor or blender and blend until smooth.
3. Top with garnishes, if using. Enjoy!

Ingredients

1 roasted beet (wrap in foil and roast in oven for 1 hour at 400 degrees F until tender, peel and cool)

1 15-ounce can of no-salt-added garbanzo beans (chickpeas), drained and rinsed

1 Tablespoon tahini*

1 to 2 Tablespoons lemon juice

1 Tablespoon olive oil

1/2 teaspoon salt

1 large garlic clove

1/2 teaspoon honey

1/8 teaspoon pepper

For garnish (optional): parsley, feta cheese, toasted pine nuts

*Tahini is sesame seed paste, often found in the nut butter or ethnic food section of the grocery store.



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Golden Cashew Queso

Instructions

Serves: 4

1. Add all cashew sauce ingredients to a blender. Blend until creamy, adding more water as needed 1 Tablespoon at a time to achieve a smooth, pourable consistency. If the sauce becomes too thin, thicken it with additional raw cashews.
2. Serve the Golden Cashew Queso with Walnut, Mushroom Turmeric Crumble in a lettuce wrap, as a taco, or in a grain bowl.

Ingredients

3/4 cup hot water (another 2-4 Tablespoons if needed to thin)

1 cup raw cashews

1 clove peeled garlic

2 Tablespoons nutritional yeast

½ teaspoon ground cumin

1 teaspoon chili powder

1 teaspoon smoked paprika

½ teaspoon salt (plus more to taste)

1 teaspoon turmeric

1 teaspoon black pepper

1 Tablespoon harissa (optional)

