

## HEALTHY HIGH PROTEIN SNACK RECIPES

*Many thanks to PPSEL Parent Jesica DeHart for providing these recipes.*

*If you have recipes you would like to share with other PPSEL families, please email them to [wellness@palouseprairieschool.org](mailto:wellness@palouseprairieschool.org)*

### **Gluten-Free Granola Bars**

1 ¼ cup blanched almond flour  
¼ teaspoon Celtic sea salt  
¼ teaspoon baking soda  
¼ cup grape seed or olive oil  
¼ cup date syrup  
1 teaspoon vanilla extract  
½ cup shredded coconut  
½ cup pumpkin seeds  
½ cup sunflower seeds  
¼ cup almond slivers  
¼ cup raisins

In a small bowl, combine almond flour, salt and baking soda. In a large bowl, combine grapeseed or olive oil, date syrup and vanilla. Stir dry ingredients into wet. Mix in coconut, pumpkin seeds, sunflower seeds, almond slivers and raisins. Grease an 8×8 baking dish with grapeseed oil. Press the dough into the baking dish, wetting your hands with water to help pat the dough down evenly.

Bake at 350° for 20 minutes.

### **Peanut Butter Fudge**

10 ounces good quality dark chocolate, or chocolate chips  
1/2 cup date syrup  
1 cup peanut butter

Combine all ingredients over low heat and stir until melted. Pour into greased pan and refrigerate until set.

### Toasted Nuts/Seeds

1 cup shelled raw green pumpkin seeds (aka pepitas); ***Do not use the seeds from a fresh pumpkin—they contain a tough outer shell that is difficult to digest. (see variations below)***

1/4 cup honey, maple syrup, light sorghum syrup, brown rice syrup **or** [date syrup](#)

2 tablespoons unsweetened, preservative-free coconut milk (regular, not lite), optional

1/4 teaspoon finely ground, unrefined sea salt (Redmond Real Salt or Celtic Sea Salt), optional

1 teaspoon ground cinnamon, apple pie spice or pumpkin pie spice **or** 1 tablespoon whole or coarsely powdered fennel seeds

1. Preheat an oven or toaster oven to 350° F.
2. Line a 9-inch cake pan or pie plate, a 9×12- or 8×10-inch baking pan, or a rimmed baking sheet with unbleached parchment paper or a silicone baking mat.
3. Combine all the ingredients in a bowl and stir to thoroughly coat the nuts. Scrape the mixture (nuts and all the liquid) onto the prepared pan. With a lightly greased flexible spatula or large spoon, spread the nuts one layer deep.
4. Bake for 8 to 10 minutes. Stir, then bake for another 5 to 10 minutes until the coating looks dry. Check frequently after the first 10 minutes; nuts burn quickly. (Seeds take less time than nuts.)
5. Remove the pan from the oven. Let cool for 5 minutes, and then turn the nuts over using one or two heatproof spatulas. Bake 5 to 7 more minutes to crisp the other side. Place the tray on a rack to cool.
6. When cool enough to handle, break the nuts apart or place them on a cutting board and chop into 1/4-inch pieces. Store in a covered glass bowl or jar in the refrigerator. Use within 3 months for best results.

### Sweet and Salty Balsamic Cashews

1/4 Cup [Date Syrup](#)

2 Tablespoons Balsamic Vinegar

1 Tablespoon Raw Sesame Seeds

1 Teaspoon Olive Oil

1 Teaspoon Salt

1/4 Teaspoon Cayenne Pepper

1/4 Teaspoon Paprika

2 Cups Whole, Raw Cashews

Preheat your oven to 350 degrees line a baking sheet with parchment paper or a silpat.

Simply whisk together all of the wet ingredients and spices, and once everything is combined, add in the cashews and toss to coat. Pour everything out onto your prepared sheet, spreading the nuts out into an even layer so that none are overlapping. Bake for 15 – 20 minutes, stirring occasionally, until there's no remaining liquid between the cashews and the nuts themselves are golden brown.

Pull the silpat or parchment paper off the baking sheet to let the cashews cool. Break up any clusters, and store in an air-tight container at room temperature.