

Keto SNACKS



REGAINING VITALITY NATUROPATHIC CLINIC

SNACK IDEAS

1 Snack Serving = Approximately 10g of Protein or a 3 finger size portion

Food	Serving size
Boiled Egg with salt and pepper	1 extra large egg or 2 small eggs
Chicken Drumstick	1 Medium Drumstick
Hard Cheese and Olives	30g Cheese and 6 - 8 olives
Nuts: Almonds, Walnuts, Brazil Nuts	3 Finger size portion
Seed Crackers with cottage cheese	3 Finger size portion
Lemon and Pepper Tuna in olive oil	3 Finger size portion
Small bowl of Frozen Blueberries	1/4 Cup
Strawberries	8 Medium sized
Frozen Raspberries	½ Cup
Avocado with salt, pepper and lemon Juice	½ a small avo or ⅓ or a medium avo
Celery sticks with tuna / cottage cheese	2 finger length sticks with topping
Celery sticks with Salsa + tsp of Avo	3 finger lenght sticks with topping
Keto Bread, cheese and tomato	½ slice with cheese and tomato
Unsweetened plain yoghurt with berries	2 tbsp yoghurt with a ¼ cup berries

Seed Crackers

4 servings

INGREDIENTS

- 1 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1 cup sesame seeds
- 1/3 cup flax seeds
- 1/2 - 1 tsp sea salt
- 1 tsp dried mixed herbs or your favourite herb, such as thyme or rosemary
- 2 Tbsp psyllium husk flakes
- 2 1/4 cups water

DIRECTIONS

1. Add all the ingredients in a large bowl and mix well. Then add water and stir well.
2. Set aside and allow to thicken for about 20 minutes.
3. Preheat your oven to 150°C/300°F.
4. Transfer the mixture over to a large square or rectangular baking dish lined with baking paper. Spread into a thin layer. You might need to use two baking trays. Make sure the crackers are about 4-5mm in thickness.
5. Bake in the oven for 1 hour. You can adjust the baking time (+/- 10 minutes) depending on how browned/golden and crispy you prefer your seeds to be. Keep an eye, though – because they can burn easily.
6. To get evenly cut flax seed crackers, you can cut them halfway through baking. Otherwise, they might be too hard to cut/break evenly. You can use a pizza cutter to do this really quickly, or a knife.
7. However, you can also just break them apart after baking, into uneven pieces.
8. Remove the crackers from the oven and leave to cool completely before eating.
9. Or store them in an airtight container for up to 3 weeks.



Seed Crackers

4 servings

RECIPE VARIATIONS

1. Add several different herbs and spices to these keto crackers. Such as: Italian herbs, garlic or / and onion powder, paprika, thyme, basil, oregano, or curry powder. Try 1-2tsp of each.
2. You could also include 2-3 tbsp of grated parmesan or add some nutritional yeast flakes, for vegan crackers for a cheesy flavour.
3. Add some chopped nori/ seaweed/ furikake seasoning.
4. Use all raw seeds or lightly roast the pumpkin/sesame seeds for 10-15 minutes first. This will lead to more flavorful, crunchier crackers.
5. These vegan flax crackers can be made sweet too. In a similar way to making a sweet seeds granola bar, you can use a little sweetener for a sweet treat. Add a pinch or two of stevia to taste.

