

Healthy Snack Ideas

To balance blood sugar levels and curb cravings

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Uta has been featured in Nutritionist Resource, happiful magazine,
GREATIST and GoodtoKnow

happiful

Nutritionist Resource

GREATIST

GoodtoKnow



Ready to improve your energy levels, reduce cravings and lose weight with ease?

Whether you are looking to lose weight or simply improve your health and wellbeing, this guide is for you.

Did you know that eating the wrong snacks is one of the key reasons many people gain excess weight and struggle with low energy.

One of the best things we can do for our health and wellbeing is to stop snacking OR make sure we eat the RIGHT SNACKS. This is important to help us balance our blood sugar levels.

Balanced blood sugar levels mean lower levels of insulin, - otherwise known as **'the fat storage hormone'**! It also means you get off the blood sugar roller coaster and stop feeling tired and exhausted (that afternoon dip many people experience around 3 or 4pm is usually due to blood sugar imbalance). It can even improve your mood. Finally, it will reduce your sugar cravings, making it easier for you to remove sugar from your diet.

There are so many things we can do from a nutritional point of view to balance your blood sugar, improve your energy levels and **HELP YOU LOSE WEIGHT**.

Replacing snacks which contain sugar or are high in carbohydrates (such as biscuits, chocolate, crisps, squash and other sugary drinks etc.) with **healthy snacks** which are high in protein and healthy fats is one of the most important steps. It's just one of the many hacks to maintain your ideal weight without endless fad diets and counting calories.

- You're about to get a **sneak peak** into my favourite healthy snacks.

Hi, I'm Uta -

I help busy people optimise their health, improve their energy levels and lose weight with ease.

I do this by sharing evidence based nutrition and lifestyle advice, and helping you **put this advice into practice** to achieve sustainable **results**.

This guide provides you with one of the most important steps which you can implement right away to improve your your health and wellbeing. By removing sugary and high carb snacks from your diet and replacing them with my snack ideas you'll quickly notice a difference.

HERE ARE 8 RECIPES AND SNACK IDEAS to help you improve your energy levels, reduce cravings and start losing weight.



Healthy Snack Ideas

A quick word about snacking

Aim to include plenty of protein and healthy fats with your main meals. This will increase satiety and reduce the need to snack. However, on those days where you do fancy a snack, here are some much healthier options than standard crisps or a chocolate bar. These will help nourish your body and won't spike your blood sugar levels, giving you sustained energy and prevent cravings.

Healthy Snacking 101 to avoid the blood sugar roller coaster

1. Always include a **source of protein** with your snacks
2. Opt for low sugar, low carb foods

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Cacao-Hazelnut Energy Bites

- ½ cup pitted dates
- ½ cup hazelnut butter
- ¼ cup maple syrup
- 2 cups oats
- ¼ cup hemp seeds
- ¼ cup cacao nibs
- 2 tablespoons chia or linseeds

Get your **protein** from:
hazelnut butter, hemp seeds
and chia seeds

1. Blend dates, hazelnut butter and maple syrup into a paste (you can do this in a food processor)
2. Add remaining dry ingredients into a bowl and mix well
3. Add the paste and mix well using your hands. The mixture will be quite sticky and crumbly
4. Shape into little balls (this works best with wet hands to avoid it sticking)
5. Cover and move to freezer for 2 hours
6. You can keep your energy bites in the fridge for up to 5 days or the freezer for up to 1 month.

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Apple Slices with Almond Butter

This is so simple but so good and incredibly satisfying.

Simply slice your apple and either spread nut butter on each slice or dip them.

Also works well with pears and just as delicious with peanut butter and cashew nut butter so plenty of variety.

Get your **protein** from: nut butter

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Build your own Healthy Trail Mix

Choose from

- unsweetened coconut chips
- cacao nibs
- pumpkin seeds
- sunflower seeds
- shelled hemp seeds
- pistachios
- hazelnuts
- walnuts
- almonds
- cashew nuts

Add only a small amount of dried fruit such as raisins, goji berries or dried apple, as dried fruit are very high in sugar.

Get your **protein** from: all nuts and seeds

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Yoghurt and Berries

This is a great post workout snack but also works well for breakfast or any time of the day really.

1. Always opt for high protein, full fat yoghurt (such as Yeo Valley).
3. Add your favourite berries (fresh or frozen).
5. Sprinkle with seeds, cacao nibs or low carb granola.

Get your **protein** from:
yoghurt

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Protein Shakes or Protein Based Smoothies

We usually associate protein shakes with the gym but they actually make a great afternoon snack alternative!

1. Always opt for plant based protein powders without added sugars or artificial sweeteners. (I like Nuzest and Garden of Life)
2. Blend with unsweetened almond or coconut milk.
3. Add a variety of green leafy veg (spinach or kale), berries, and seeds to make a filling smoothie.

You can order your protein powder on [The Natural Dispensary](#) using discount code **UTAB10** for 10% off on their whole range.

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Parmesan Crisps

- 3/4 cup grated parmesan cheese
- 1 tbs chia seeds
- 2 tbs whole flaxseed
- 2 1/2 tbs pumpkin seeds
- 1/2 tsp dried oregano + 1/2 tsp dried basil

Get your **protein** from:
pumpkin & flax seed +
parmesan

1. Preheat the oven to 180C
2. Line a tray with baking paper
3. Mix cheese, seeds and herbs in a bowl
4. Spoon small mounds of the mixture onto the baking sheet, leaving some space between them. Do not flatten.
5. Bake for 8 to 10 minutes.
6. Check often. The crisps should be light brown.

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Healthy dips

Chop up your favourite veg into sticks: carrots, cucumber, peppers, celery etc.

Serve with homemade guacamole hummus or sour cream.

This is a great way to up your vegetable intake but you're also getting protein and healthy fats from your dips.

Get your **protein** from:
hummus & sour cream

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Other snack ideas

Think outside the box a little and you'll find there are plenty of low carb snack options. Here some more ideas to get you started.

1. Make your own mini deli platter with olives and a couple of slices of ham or other charcuterie slices.
2. Hard boiled eggs make a great and convenient snack. They can be boiled in advance and kept in the fridge for a week.
3. Slice peppers, cucumber or celery and serve with cubes of your favourite cheese.

Get your **protein** from:
eggs, cheese or charcuterie

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ONE FINAL THING

Making changes to your diet can be overwhelming. Often it's about small changes over a period of time to get the best long-term results. Having someone to guide and coach you along the way can make all the difference. I can provide step-by-step guides and personalised recommendations. The next page explains how I can further support you and help you optimise your health when you're ready.



WHEN YOU'RE READY

1

Follow me on social media for even more tips, recipes and inspiration and connect with others who are on the same journey.

IG: [@cannelle_nutrition](#) FB: [Cannelle Nutrition](#)

2

Sign up for my **free** weight loss masterclass to learn more about how to improve energy levels and lose weight by eating the right foods and get practical advice on how to implement dietary changes. [Register your interest.](#)

3

Ready to take your diet and lifestyle to the next level to really optimise your health and effortlessly reach and maintain your ideal weight? [Send me a DM](#) or [email me](#) and let me know where you're at. Together we can look at how I can best support you. Whether it's a bespoke plan or joining my ultimate transformation group programme.

I would love to help you reach and maintain your ideal weight and supercharge your wellbeing.

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This information is for educational purposes and should not replace medical advice. If you have a diagnosed medical condition you should consult a doctor before making any major changes to your diet.

Uta Boellinger, April 2021

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