



## ROOTED RADIANCE NUTRITION

### SMART SNACKS TO CRUSH YOUR CRAVINGS:

When you're first starting out on your health journey, making changes can be a little intimidating at first, especially when it comes to snacking. We also know that temptation may creep in from time to time, but Rooted Radiance Nutrition is here to help you stay on track! Here are five delicious (and healthy) snack ideas that nourish, so you can flourish:

01



Craving something sweet? This mouthwatering **watermelon mint and feta salad** packs a nutritious punch and a satisfying crunch! All you need is some cubed watermelon, fresh mint leaves (torn or sliced into ribbons), and some crumbled feta cheese on top for a savory and sweet treat. Watermelon is low calorie, high in Vitamins A and C (for eye and skin health), potassium, and lycopene, and is also full of antioxidants that help protect your cells from free radicals. Watermelon also has a high water content to help you stay hydrated (especially in the summer). Feta cheese provides calcium for strong bones and teeth, protein for muscle building, and probiotics to nourish your gut. Mint leaves aid in digestion, and can help fight off bacteria and freshen breath (bonus!)

02



**Avocado toast** is so versatile when it comes to snacking, providing tons of options for toppings. You can't go wrong with this healthy and filling snack, and the flavor combinations are endless! For this recipe, I sliced some homemade sourdough bread (provides good bacteria to feed your gut), and slathered it with smashed avocado that is packed with healthy fat, fiber, potassium, folate, Vitamins C,E, and K for healthy skin and strong bones. I added halved grape tomatoes packed with Vitamin C and lycopene, which help protect the skin, eyes, and support heart health while fighting oxidative stress. I topped it all with some balsamic glaze and everything bagel seasoning for a tangy kick and a visual feast for the eyes! Who's hungry?

03



**Bacon zucchini fritters** can double as a snack or a meal, depending on your hunger level. They're also a great option for those who are watching their carbs! The zucchini is rich in Vitamins A, C, B6, K, and folate along with potassium, manganese, and magnesium, making them a hydrating, nutrition-packed powerhouse. The bacon provides protein and fat, B vitamins necessary for our nervous system, and selenium, which is important for healthy thyroid function. The egg in this recipe is used as a binder and provides high-quality protein, fat, and Vitamins A, B12, D, and riboflavin and is also rich in phosphorus, choline, and selenium. \*\*Original recipe by Paleo Running Momma.\*\*

04



If you're seeking a super satiating snack packed with healthy fats, we've got you covered! This **salmon-stuffed avocado** is not only satisfying, but it's super simple to make. You simply halve an avocado, remove the pit, and mix up some wild caught canned salmon or tuna with avocado mayo for some added flavor and additional healthy fat. Then top with some smoked paprika, everything bagel seasoning, or a squirt of sriracha for a spicy kick. The avocado, salmon, and mayo all provide a good amount of healthy fats to keep you full and focused. The avocado also provides fiber, potassium, folate, Vitamins C,E, and K and the salmon provides protein and heart-healthy Omega 3's, which are excellent for brain health, lowering inflammation, building new cells, and joint protection. Who knew this healthy combo could taste so good?

05



Creative and tasty, **sweet potato toast** is a great option if you want a snack with some healthy carbs and extra vitamins, or for those who want to avoid the gluten from bread. You can cut a washed, raw sweet potato into thin slices using a mandolin or partially cook the sweet potato, remove from the oven and carefully cut into thin slices and finish baking until soft. Topping options are endless: scrambled eggs with sriracha mayo, cream cheese and avocado and everything bagel seasoning, fresh mozzarella with cherry tomatoes and fresh basil are just a few examples. Sweet potatoes are packed with Vitamin A (for eye, skin, immune, and reproductive health), Vitamin C, manganese, and fiber along with potassium, copper, and antioxidants for cell growth and protection from free radicals.