Snack Recipes

# Dips - enjoy with vegetables or whole grain crackers!

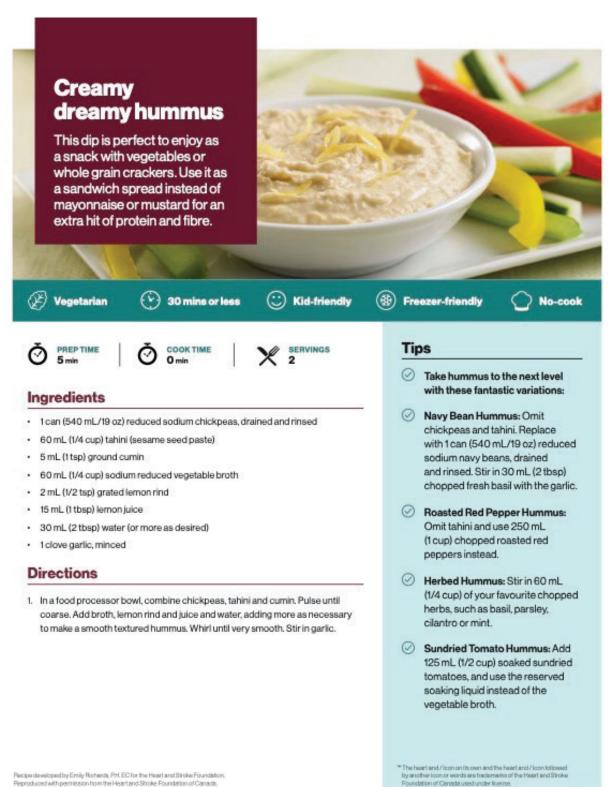
Guacamole P	rep Time: 10 minutes   Servings: 16, 2 cups
Ingredients: 2 avocados, ripe (black and slightly soft) 1 onion, finely chopped 1 tomato, diced 2 cloves garlic, minced 2 tablespoons of chopped cilantro (optional) 2 tablespoons of lime juice ½ teaspoon sea salt ½ teaspoon pepper	<ul><li>Directions:</li><li>1. Peel and mash avocados into a bowl.</li><li>2. Stir in remaining ingredients.</li><li>3. Mix thoroughly.</li></ul>

Pesto	Prep Time: 10 minutes   Servings: 4
Ingredients:	Directions:
2 cups fresh basil leaves 1 cup baby spinach 1/3 cup nuts (pine nuts or walnuts) 3 cloves of garlic, minced ½ cup olive oil ¼ teaspoon of sea salt	<ol> <li>Put basil, spinach and nuts in food processor. Pulse several times (short bursts of blending).</li> <li>Add garlic (and optional cheese). Pulse food processor a few more times.</li> <li>Lastly, add ½ cup of olive oil, salt and pepper. Pulse until desired thickness.</li> </ol>
<b>Optional:</b> ¼ cup grated Parmesan cheese.	<b>Storage:</b> Refrigerate pesto up to 3 days, or place in airtight container in freezer for up to 3 months.









Recipe developed by Emily Richards, PH, EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

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5. Transfer the dip to a serving bowl.

Recipe developed by Indigenous Chef David Wolfman for PHAC and Health Canada. For more recipes by Chef Wolfman, see Nutrition North Canada.



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# Muhammara dip (red bell pepper and walnut)

This dip is versatile and commonly eaten in the Middle East. It is just as delicious served warm or cold.



**Kid-friendly** Vegetarian







#### Tips

Serve the dip as a snack with

Spread on a flatbread and top with roasted vegetables like sliced

to make it a meal.

kids crush them up!

vegetables and whole wheat pita.

zucchini, bell peppers and red onion

can be used to make breadcrumbs. Place in a plastic bag and have the

Whole grain crackers or stale bread

Refrigerate leftovers for up to 5 days.

- Ingredients
- 2 red bell peppers
- 125 mL (1/2 cup) unsalted walnuts, . divided
- 15 mL (1 tbsp) olive oil .
- 2 mL (½ tsp) honey
- 1 clove garlic
- 30 mL (2 tbsp) breadcrumbs

1 mL (¼ tsp) paprika

· 2 mL (1/2 tsp) salt

#### Directions

- 1. Preheat the oven to 230 °C (450 °F) and line 2 baking sheets with aluminum foil.
- 2. Place red bell peppers on a baking sheet and roast for 30 to 40 minutes or until peppers are soft and skins begin to blacken, checking from time to time. Let cool and remove stems and seeds.
- 3. Roast walnuts on a separate tray for 2 to 3 minutes.
- 4. Place half of walnuts in a zip top bag and let kids crush with a mallet. Reserve.
- 5. In a blender, place peppers, oil, uncrushed walnut, garlic, salt, paprika, and honey. Blend until smooth.
- 6. Empty into a bowl and stir in crushed walnuts and breadcrumbs.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.

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## **Sweet Recipes**

# MANGO YOGURT FRUIT DIP

**12 Servings** 

Prep Time: 10 minutes

Kids love to dip! Let your child choose their favourite fruits for this creamy and slightly sweet dip.

#### Ingredients

% cup(180 mL)Greek yogurt, plain1 cup(250 mL)Mango, frozen% cup(60 mL)Cream cheese1 tbsp(15 mL)Honey1 tbsp(15 mL)Vanilla extract1 eachMint leaf (optional)3 tbsp(45 mL)Chia seeds

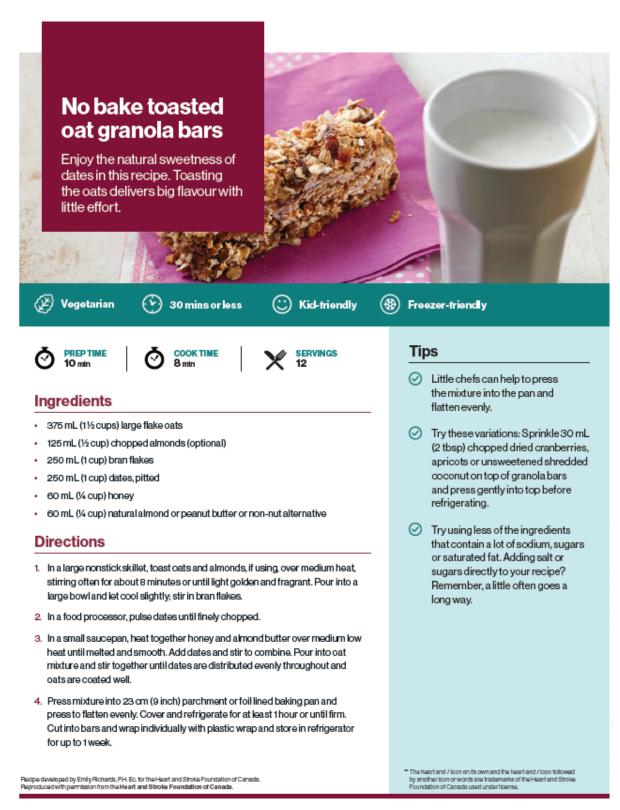
See Nutrition Facts panel, page 50.

#### Instructions

- In a blender, blend yogurt and frozen mango until smooth.
- Add honey, vanilla, mint, chia seeds and cream cheese. Blend on high speed until completely smooth.
- 3. Serve with your favorite dip-able fruits.

#### TIPS FOR HEALTHY SNACKING

Chia seeds are a good source of omega-3 fats which are important for children's growth. Omega-3's help feed the brain.



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### Arthritis Society Canada's Hemp & Walnut Energy Bites

#### Servings: 16

Ingredi	ents:
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¾ cup walnuts
½ cup hemp hearts
4 tablespoons of maple syrup
½ cup almond butter or unsweetened peanut butter
1/3 cup dried cranberries
1 tablespoon of vanilla extract
1/3 cup rolled oats

**Option:** Substitute other nuts or dried fruits for variety.

#### **Directions**:

- 1. Combine walnuts and half of hemp hearts into a food processor and process until finely chopped.
- 2. Add maple syrup, almond butter, cranberries, vanilla and oats to processor. Continue until all ingredients are combined.
- 3. Remove from processor and use dough to make 1-inch sized balls.
- 4. Roll the balls in the other half of hemp hearts. Press lightly so the entire ball is coated.

**Storage:** Store in an airtight container for up to 2 weeks, or keep in the freezer for up to 3 months!



#### **Toasted Chickpeas**

#### Ingredients

- 1 cans of chickpeas
- 1 tablespoon of olive oil
- 1/2 teaspoon of ground pepper
- ½ teaspoon of garlic powder or dried thyme

**Options:** swap the ground pepper for cayenne pepper to make a spicy version. Or try 1 teaspoon of curry powder. These can be enjoyed as a snack or added to a salad to add some crunch

#### Prep Time: 5 minutes | Cook time: 35 minutes

#### Directions

- 1. Preheat oven to 350°F (180°C).
- 2. Rince and drain the chickpeas. Spread on a clean towel and pat dry..
- 3. In a bowl, combine chickpeas and oil. Mix until coated.
- 4. Spread mixture onto baking sheet.
- 5. Bake for 20 minutes. Remove pain, add seasonings and mix to flip the chickpeas.
- 6. Place back in oven and bake for another 15 minutes, until golden brown.
- 7. Remove from oven and allow to cool.

