

EASY RECIPES FOR HEALTHY SNACKS



Looking for healthy snacks that are easy to make and mouth-watering?
Check out these homemade recipes for money-saving and packaging-free snacks!

Green Tips – Feb 2021

☀️ Try to get the ingredients in zero-plastic packaging! ☀️

Ingredients:

- 200g chickpeas
- 120g peanut butter
- 90g maple syrup
- 80g dark chocolate (chopped)
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- 1 teaspoon vanilla essence
- ¼ teaspoon sea salt

Steps:

1. Place the chickpeas in the food processor. Add peanut butter, maple syrup, vanilla essence, baking powder, baking soda and sea salt. Blend the ingredients.
2. Add the chopped chocolate into the mixture.
3. Transfer the mixture into a pan lined with parchment paper. Flatten the mixture surface. Sprinkle the chocolate chips and sea salt.
4. Put the pan in the pre-heated oven at 180°C for about 25 minutes.

Source: Green Monday- Green It Yourself



Chickpea Blondies



Vegan Lettuce Wraps

Ingredients: Salad dressing ingredients:

- 6-8 large lettuce leaves
- 1 leek
- 2 tomatoes
- 1 small purple cabbage
- 3 carrots

- 3 teaspoons herbal vinegar*, 4 teaspoons olive oil, 1 boiled egg (chopped), appropriate amounts of chives, appropriate amount of salt and sugar.

* You can also make your own herbal vinegar!

- Choose your favourite herb (e.g. rosemary, thyme, parsley) and clean them.
- Place the dried herbs and rice vinegar in a glass jar. Steep them for around 2 weeks.

Steps:

1. Chop all ingredients into small pieces.
2. Blend all salad dressing ingredients till creamy and smooth.
3. Combine (1) & (2). Serve them into the centre of a lettuce leaf.

Source: Low Carbon Recipe - 低碳生活館

More recipes:

- 【自製健康零食：羽衣甘藍脆片】 - Sustenir Agriculture HK
- Four Delicious and Healthy Plastic-Free Recipes for a Picnic at Home - Sinplástico

Read More:

- Zero Waste Snacks: 33 Plastic Free Snack Ideas - Greenify Me

