

SNACKS YOU CAN PACK

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Ever found yourself starving up on campus, wishing you had packed a snack?

These snacks will help keep you full and give you the energy to pass those tests - by pairing carbs w/ protein

plus - they're so easy to pack!

Energy Bites

- 1 1/4 C rolled oats
- 2 TBS chia seeds
- 1/2 C nut butter of choice
- 1/3 C honey
- 1 tsp pure vanilla extract
- 1/4 tsp kosher salt
- 1/2 C mix-ins of choice (chocolate chips, fruit, etc.)



- In a medium mixing bowl, mix in all ingredients.
- Refrigerate for 30 mins
- Remove from fridge. Using a small 1 oz scoop or a TBS scoop some of the dough out.
- Roll into a ball and place on cookie sheet or in a container.
- Store in the refrigerator or freezer and enjoy!

Recipe adapted from: <https://www.wellplated.com/energy-balls/>

Homemade Hummus

- 11 (15-oz) can garbanzo beans, drained & rinsed
- 1 clove garlic, peeled
- 2 TBS + 2 tsp tahini
- 1/2 tsp salt
- juice of 1/2 lemon
- 1/8 tsp cayenne pepper, ground
- 1/8 tsp ground cumin
- 1/8 tsp ground black pepper
- 2 TBS + 2 tsp extra virgin olive oil
- 1 small handful parsley
- 1-2 green onions cut into 1" pieces
- water as needed



Recipe from: Tamara Steinitz



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Parmesan Popcorn

- 3 tablespoons oil - grapeseed, canola, vegetable oil (use a high heat oil)
- 1/2 cup popcorn kernels
- 1/4 teaspoon salt
- 2-3 tablespoons butter - melted
- 1/3 cup finely grated parmigiano reggiano - classic parmesan is fine too
- salt and pepper to taste



- Set a large pot over medium high heat. Add the oil and salt. Once oil is hot add the kernels. Cover pot with lid. Wearing heatproof gloves or hot pads, carefully shake the pot so that the kernels do not burn.
- When the popcorn has finished popping remove from heat. Transfer the popcorn to a serving bowl. Drizzle butter ovetop and sprinkle cheese on the popcorn. Toss to coat. Season with salt & pepper.

<https://saltandbaker.com/parmesan-popcorn/>

Build-Your-Own Trail Mix

- 1 1/2 cups raw nuts i.e. almonds, pecans, cashews, peanuts etc..
- 1 cup raw seeds i.e. sunflower seeds, pumpkin seeds etc...
- 1 cup unsweetened, unsulphured dried fruit
- Fun stuff (amounts vary) i.e. 1/2 cup chopped dark chocolate, 1 cup popped popcorn, 1 cup pretzels etc..
- Spice i.e. 1/4 tsp sea salt, 1/2 tsp cinnamon, pinch of nutmeg (optional)



1. Combine all ingredients in a large bowl and mix well.
2. Store in a ziploc bag or mason jar.
3. Will keep for up to 1 month.

<https://www.thehealthymaven.com/how-to-build-a-healthy-trail-mix/>