

Free eBook Preview

HEALTHY SNACKS TO GO



OVER 45 RECIPES TO GET YOU ON
YOUR WAY WITH REAL FOOD, FAST

KATIE KIMBALL
OF
KITCHENSTEWARDSHIP.COM

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Thank you for viewing this sample of Healthy Snacks To Go!

Healthy Snacks To Go is Katie Kimball's most popular ebook, and for good reason!

Who among us is always prepared with healthy snacks when hunger strikes?

Healthy Snacks To Go has over 45 recipes and ideas that will become your "go-to" cookbook to keep your cupboards filled with nourishing yet quick choices.

Most of the pages you'll find in the full version of this ebook have been removed so that you can enjoy two of the recipes for free, and get a feel for the style this book is done in.

If you'd like to buy the complete copy of Healthy Snacks To Go visit

www.kitchenstewardship.com/HSTG

Thanks for looking!

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"I cut one for each of my boys and gave them to them for an after school snack. I told them I needed to know what they thought of them because I was testing the recipe for a friend and they said, "YES YES YES!! We love them! Can we have them every day for a snack?!?" So I think they're a hit!

I cannot believe I have not made your granola bars yet! I have another recipe that I have been using, but they are crumbly and take more time...These were easy as anything to mix up! I'm a convert. " --H

"I did the "crispier" option. I was very skeptical when they came out of the oven...they looked much less together than after they came out of the fridge...I was thinking I shouldn't have tried that part. But after they cooled they were perfect! Just like a Quaker bar in consistency! We even tested them out on a local zoo trip, and they passed the test on the go too!" --N

Honestly, I'm going to keep fiddling with them just to have more options than ever. My next three tests will be cutting the baking soda, adding a Tbs. flax meal mixed with 2 Tbs. water, and cutting the butter in half. We won't be hurting for snacks in the Kimball house!

Star Qualities



Best for backpacking...power bars or Popeye/protein bars

Best for school lunch...granola bars, re-toasted...or any other recipe in this book! Ha!

Best for emergency car snacks...KS granola bars or power bars

Best to serve others...almond power bars

Best for stick-to-your-ribs staying power...Popeye, protein, or almond power bars

Best for quick energy...power bars

Best for nutrients...butternut spice bars or Popeye bars (although many others close behind)

Best for budget...KS granola bars, no-bake bars or butternut spice bars

Features of the Text

Use these simple icons to figure out how difficult a recipe is, special allergy or dietary ingredients, cost, storage, and “how sweet it is!” There is also an ingredients key on the back cover for easy reference.

 Sugar Free

 Gluten Free

 Casein (Dairy) Free

 No Added Sweetener

 Grain Free

 Nut Free

 Raw Food (live enzymes)

 Soaked Option

 Frugal snack

 Pricey but still less than processed

 Diaper bag/backpack friendly

 Some refrigeration needed

Work Intensity:

I don't tell you how much time a recipe will take. It really depends if you have to run to another area of the house for an ingredient or balance a fussy toddler or serve the kiddos an afternoon snack in the midst of your efforts. I'll just tell you the level of difficulty compared to something you might have already done, like baking cookies.



Easy: As easy as slicing packaged cookies and baking them.

Medium: About as much work as baking cookies from scratch.

Hard: A lot of work, more like making cut-out sugar cookies and frosting from scratch.

With each recipe, you'll also find:

 Timesaver Tips

 Added Bonus Facts

Healthy Upgrades

May include less sugar options, soaked versions, or alternative sweeteners.

 FAQs

Power Bars *(reverse engineered Larabars)*



Work Intensity



Storage



Cost

I can't justify spending over \$1 each on brand name fruit and nut bars when it's so easy to make them at home. Here are 15 varieties of nutrient dense, enzyme rich bars that are easy to pack, easy to eat, and fairly painless to put together.

Some are reverse engineered from actual packages, other are simply inspired by what was in my pantry. Be sure to study the basic method and FAQs first, and you'll be well equipped to start experimenting. Then enjoy some family taste tests to discover your favorite flavors!



Method

Use the same basic steps every time:

1. In a food processor, **pulse or process nuts** until chopped finely, a "meal" consistency at the smallest. Be sure not to end up with nut butter by accident!
2. **Add dried fruit and process until everything is sticky** and there are no large chunks. (i.e., When the food processor stops jumping around, move on to step 3.)
3. Add any other mix-ins (like coconut) and pulse briefly until combined.
4. While the food processor is running, **stream in any spices, oil, or vanilla**.
5. If the mixture doesn't come together in a ball easily, **add water** while the food processor is running, ¼ tsp. at a time. When the mixture just starts to swish around in a blob instead of being crumbly, that's enough. I used to be worried about adding too much water and suggested "one drop at a time." Worry less. A little moisture won't hurt, and they really do stick together better. Just don't add a Tbs. at a time!
6. **Form the final product.** Either:
 - a. Scrape mixture into any type of square or rectangular container and press firmly; cutting bar shapes is easier after refrigeration. You can line the dish with waxed paper for simpler removal, and I recommend using a piece of waxed paper to help you press everything as solidly packed as possible.
 - b. Form individual bars with waxed paper, one at a time.
 - c. Roll the mixture into balls, ½"-1" wide. *My favorite for easy serving to kids!*
7. Store in the refrigerator for best quality and firm bars, however, room temperature doesn't hurt any of these ingredients (unless you're using [crispy walnuts](#) or sunflower seeds, which should be refrigerated anyway).

*Once you get the process down and understand the ratios of dried fruit to nuts, you can play around with new varieties on your own! I used [this post](#) as a jumping off point.

Makes 5-6 1 ½" x 3" bars or about a dozen ½-inch balls



FAQs

- ✓ *Why so many varieties?* First, with so many choices, you can start with what's already in your pantry and make something right away. Got dried cranberries? Nothing but raisins? Find the recipe that fits your stock. Then you can experiment with other varieties and find your favorites. We like them all, but some are better than others. In group taste tests, everyone had a favorite, but never the same bar. I'm convinced that each family will have different opinions, and there's certainly something for everyone here!
- ✓ *I don't have dates/I've never bought dates before. What do I do?* You can likely find dates near the raisins in your local grocery store. I bought them for the first time just for this, too! There are a few bars that don't call for dates at all. Also, any power bar will work with raisins in place of dates, but the flavor changes dramatically. I made the PBJ version with dates and with raisins, and one taste tester said, "This one (dates) tastes like peanut butter and jelly, but this one (raisins) has something else in it, right?" The raisins didn't make it taste *poorly*, but the other flavors had a hard time competing with the raisins.
- ✓ *Pitted or whole dates?* Depends on how much work you want to do! I'd vote that pitted is well worth the extra 30 cents/pound. Just not chopped; those include flour to prevent sticking, which we don't want in this recipe.
- ✓ *The mixture doesn't seem to stick together very well. What do I do?* Because of wide variation in the moisture level of different dried fruit, there's no way to provide the perfect ratio of fruit to nuts. If your bars aren't sticky enough, add ¼ teaspoon water or coconut oil at a time. You'll know you've added enough when the mixture inside the food processor starts to stick together while it's turning.
- ✓ *Can I use a blender instead of a food processor?* Yes. It's possible, but it's much more of a hassle. Blender tips:
 - ✓ Only make a single batch in a blender.
 - ✓ Start on very low speeds and move to higher speeds. Experiment with what your blender can handle.
 - ✓ Scrape the sides often.
 - ✓ Expect mixture to be not-so-sticky. I recommend balls instead of bars.
 - ✓ Unscrew the jar from the blade and extract your mixture from the bottom rather than trying to "pour" it out the top.
- ✓ *My machine is going to break!* Perhaps your dried fruit is too dry. I had some dates that were so hard, I had to soak them in water before I could use them.
- ✓ *Are power bars expensive or frugal?* Compared to potato chips, these are pricey items. Compared to name brand Larabars, however, you can almost make an entire batch for the cost of one bar. You'll get so many more nutrients from power bars than most processed snack food, so the question is about priorities.
- ✓ *How can I find good deals on these ingredients?* Watch the sales on basic dried fruit like apricots and raisins, and try buying dates in bulk from a health food store or co-op. Buy nuts on sale or in bulk and freeze until you need them.
- ✓ *Why aren't the batches bigger? This doesn't make enough for us!* My hope is that you'll try many versions the first few times, then make double and triple batches of your favorites. I've also added a big batch conversion chart in the 2nd edition!

Disclaimer: I am in no way affiliated with the Larabar company and am not applying the trademarked name to my bars.

PB&J Power Bar Ingredients

An especially kid-friendly choice!

1. Grind: 1/3 c. peanuts
2. Add: 1/2 c. dates (can use raisins, but will change taste a lot), 1/4 c. dried cherries
3. Stream in: <1/4 tsp. salt + optional 1/2 tsp. coconut oil (to hold together)

Sunny Vacation (Nut free!) Power Bar Ingredients

Sunflower seeds and apricots are the star players in this bar.

1. Grind: 1/4 c. sunflower seeds
2. Add: 1/2 c. dates, 1/4 c. dried apricots
3. Add: 1/4 c. coconut
4. Stream in: 1/2 tsp. vanilla + 1/8 tsp. ground cinnamon
5. Add: 1/2-1 tsp. coconut oil until it holds together

The full version of this ebook contains 15 different varieties of power bars. Two are included here as a sample.



Timesaver: Making double batches of one version and/or multiple kinds at once saves a lot of time in getting ingredients out and washing the food processor. You can even leave the food processor unwashed for a day or two while you find the time to make more. Not that I would do that...



Added Bonus: It's like pre-chewed food! Particularly for toddlers who might not be able to handle whole nuts, or even older children who are notorious for eating too fast and not chewing, I feel like a power bar will give these expensive ingredients a better chance of being digested and absorbed.

Healthy Upgrades :

If you want to reduce the anti-nutrients in the nuts, be sure to soak and dehydrate them. See directions for basic "[crispy nuts](#)" back at KitchenStewardship.com.

Skip a soaking step – you can measure and soak the nuts in water, drain them well and optionally pat dry, then simply use in the recipe without dehydrating. I recommend storing the finished bars in the refrigerator as much as possible with this method.

Some folks use these for energy during a long workout, like marathon training or 20-mile bike rides. You may want to add a bit of [Real Salt](#) to the mix for minerals and electrolytes as well.

Nut-free needed? Sunny Vacation is naturally nut-free, using only sunflower seeds. Try pepitas (pumpkin seeds) in some of those that are low on nuts like Zesty Cranberry, Bible Bars, even German Chocolate. Switch out almonds for more seeds in Mediterranean in the Tropics.

Wheat Thin Style Crackers



Work Intensity



Storage



Cost

Great crackers are both thin and salty. With a hint of sweetness from vanilla that you'll never know is there, these crackers really do taste like the name brand they are imitating. Your eaters will be amazed, and you might not be able to make them fast enough!



Ingredients:

1 ¼ c. whole wheat flour
1 ½ Tbs. sugar (or honey)
½ tsp. salt
¼ tsp. paprika

4 Tbs. cold butter
¼ c. water
¼ tsp. vanilla
salt for topping

Method:

Combine the flour, sugar, salt and paprika in a medium bowl. Cut the cold butter into 1" pieces and cut into the flour mixture with a pastry blender, two knives or a food processor until evenly distributed. Combine the water and vanilla and add to the flour mixture, mixing until smooth. (Note: If you use honey, mix it in with the water.) If you need a little more water, you can add it, but be conservative.

Preheat the oven to 400 degrees F. Plan to use parchment paper or a silicone baking mat on cookie sheets, or use a baking stone and roll out the crackers right on it (not heated). Rolling directly on your surface saves a major step.

Divide the dough into 3-4 pieces and keep the other pieces covered while you work with one at a time. Lightly flour your surface or baking stone and roll the piece of dough into a large rectangle that generally fits your baking stone or cookie sheet. Roll as thinly as possible, keeping the surface and pin well floured to avoid sticking. Flip the dough often. Move the entire piece of flat dough to your baking surface (if necessary), then cut into cracker shapes (1 ½" x 1 ½" is great) with a pizza cutter or sharp knife. (Do not cut with sharp knives on silicone mats.) You do not need to leave space between. If you trim the edges flat, roll all the trimmings together at once rather than adding to the next ball of dough, or else they'll get too tough.

Sprinkle lightly with salt – do not skip this step! – and bake for 5-10 minutes until crisp and lightly browned. Baking stones take a bit longer. Watch them closely as the crackers can go from lightly browned to *toast* quite quickly. Repeat with remaining pieces of dough.

Remove the crackers from the oven and cool on the pan or on a plate; they cool quickly. These crackers will stay crisp for many days, but are best stored in airtight containers. You can also freeze them.

OR

Just bake them for 5-6 minutes, and even if they're still soft, turn off the oven and leave the crackers in while the oven cools. In a few hours or overnight, you'll have perfectly crispy, crumble in your mouth crackers!

Note: electric ovens continue to generate heat after being turned off, so if you're on electric, check the crackers for extra browning after 10 minutes or so. Alternately, head the problem off at the pass by holding the oven door open a minute after you turn off the heat.

Makes a bit more than one average sized box of crackers



Timesaver: Make a double batch of dough and refrigerate or freeze half, then roll out and bake later. You can bake a quick batch while making a dinner that uses the oven, have fresh crackers and just turn the oven on once.



Added Bonus: You will be a hero. Everybody loves these crackers, and if you roll them out and cut on the baking surface, they might not even look homemade.

Healthy Upgrades:



Soaked option: To soak these crackers, just make the dough as directed above except with [whey](#) in place of the water. Allow to sit at room temperature 12-24 hours. Salt may inhibit the soaking process, so you can omit the salt and incorporate it right before rolling out if you choose. Simple!

FAQs

- ✓ *Why not put the crackers right on the cookie sheet?* For crackers, I would HIGHLY recommend using a baking stone or at least parchment paper or a Nonstick Silicone Baking Mat. Because I can roll the dough right out on the stone or mat before baking, I don't have to worry about ruffled crackers as I move the fragile dough. People say, "Those are homeMADE?" because most of my crackers have perfect shape and are sooooo delectably thin. Plus, crackers stuck to a baking sheet just makes a mess.
- ✓ *How do I know when they're done?* You want them to be almost crispy, but not totally breakable, to deem them "done," because they will crisp up a bit as they cool. You'll learn after a tray or two the difference between "too soft" "done" and "oops." They're still tasty when they're soft, just not so cracker-y.
- ✓ *What if the crackers on the edge are done but the center is still soft?* Just remove the crispy crackers and give the others a few more minutes.
- ✓ Here's another [great cracker recipe](#) if you have a sourdough starter.

Adapted from the [King Arthur Flour Whole Grain Baking Cookbook](#)

Reduced Waste Healthy Lunch Packing

Eating on the go can sometimes be unhealthy not only for your body, but for the earth. When you're making food from scratch, an added bonus is that you are in charge of the packaging. You can save money *and* the earth by checking out these lunch packing tips to

- ✓ Reduce Waste
- ✓ Increase Nutrition
- ✓ Simplify your Time

1. Reuse plastic baggies. When something is dry, especially if you are going to pack the same thing, like crackers, a few days in a row, ask your children to bring home their empty baggies and refill them for the next day's lunch. This saves time and money, too!

2. Use [glass storage containers](#) over plastic when possible. Glass is easier to wash in the dishwasher and doesn't leach any harmful chemicals. You can also seek out [stainless steel containers](#), which are lighter weight than glass.

3. Avoid single serving drinks. Use a water bottle like the [Klean Kanteen stainless steel water bottles](#) or a reusable glass bottle (like from Snapple).

4. Avoid baggies altogether. Use [cloth bags](#), stainless steel or even plastic containers for sandwiches and fruits/vegetables. Chances are you can reuse twice to avoid dishes.

5. Timesaver: package in single-serving sizes right away. When you're making something like granola bars or power bars, put some bars into baggies or wrap in waxed paper to store individually. You've got your own convenience foods ready to go!

6. Some purchased foods are good for lunches: Natural applesauce single cups, or better yet, jarred applesauce in your own cups; pita bread and hummus; string or pre-sliced cheese, baby carrots, whole fruits.

7. Institute this rule: "*Whatever goes to school, comes home, unless you have eaten it.*" This accomplishes two things: you reduce waste because you can reuse bags and leftover food, AND you know what your kids eat and don't eat. That helps you (hopefully together with the kids) pack better lunches in the future.

8. Use an assembly line. Line up the lunchboxes, line up the supplies, and work with a plan. Keeping your assembly space organized goes a long way.

9. Pack a napkin! Cloth, if you want to save the earth, but any old napkin will do so that your kid isn't the one saying, "I need a napkin!" That drove me nuts as a teacher, and now I always forget to include napkins, in a cruel twist of ironic fate.

10. Involve the kiddos. Kids should have a hand in both the packing and unpacking/putting away processes. Try making a list of various acceptable lunch foods in categories like *main course*, *fruit*, *veggie*, *snack*. Your child(ren) can choose one from each category and help you pack it. See more lunch packing tips [here](#).

If you liked these recipes, you'll love Healthy Snacks To Go

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Who among us is always prepared with healthy snacks when hunger strikes?

Healthy Snacks To Go has over 45 recipes and ideas that will become your "go-to" cookbook to keep your cupboards filled with nourishing yet quick choices.

Buy Healthy Snacks To Go Now

About The Author

I'm Katie Kimball, a Catholic wife and mother of three who wants the best of nutrition and living for her family. My educational background is actually in elementary education and English, but as I began cooking for my children and reading about nutrition, I quickly became a home chef and researcher. In early 2009 I began my journey as an online writer, and I'm head over heels in love with the tangled web that is the blogging career.



I believe that God calls us to be good stewards of all His gifts as we work to feed our families: time, finances, the good green earth, and of course, our healthy bodies. KitchenStewardship.com seeks to share with others ways to balance all four and be prayerful in the call to vocation in the kitchen.

I'm far from perfect: my kitchen is often a mess, I lose my patience with family members, and I certainly spend too much time on the computer. But I do my best to provide optimal nutrition and health for my loved ones, which means I spend a lot of time in the kitchen. I make everything from scratch and talk about food all the time. I also strive to make things taste good, which is where you benefit. Thank you so much for downloading this freebie!

Interested in more snack recipes?

Download a free copy of [10 Snacks Your Kids Can Make](#) and learn about the [Kids Cook Real Food eCourse](#).