

## High Energy Snacks That You Can Eat One-handed

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### Simple Snack Ideas

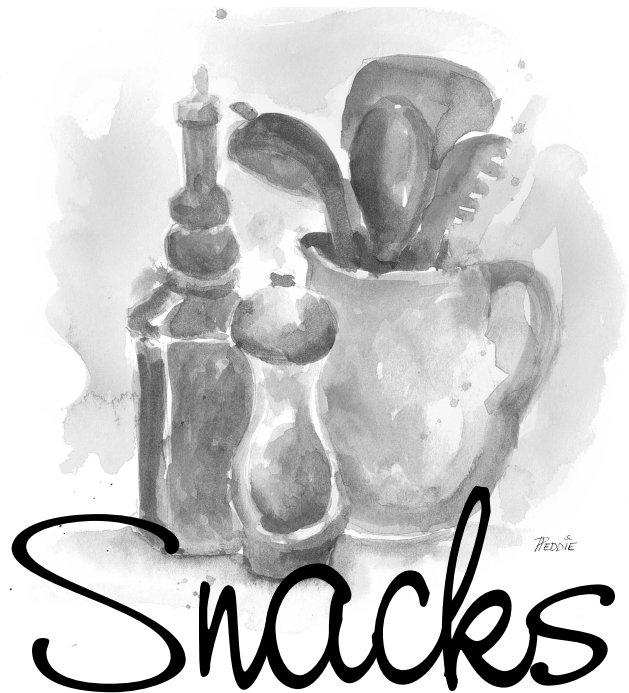
- Almonds and raisins. You can mix these yourself beforehand and keep them in convenient snacking locations throughout the house.
- Raisins are full of potassium, copper, iron, magnesium, riboflavin, Vitamin B6, Vitamin C, thiamin, niacin, calcium and folic acid.<sup>xxxv</sup>
- Fresh and dried fruits can be placed at your breastfeeding station for you if you get hungry while breastfeeding. Choose from bananas, nectarines, apricots, plums, peaches, pineapple, apples, pears, raspberries, mangoes, blueberries, saskatoons and blackberries.
- Dried fruits such as raisins, dates, cranberries, apricots, figs, peaches, pears, apricots and apples can be placed in strategic places around your house so that you can snack on the go.
- Prepare vegetables and keep them in your fridge ready to munch on when you find the time. There are many vegetables to choose from: carrots, celery, cucumber, zucchini slices, asparagus, green beans, baby corn and mushrooms. Most dips contain dairy products, but the following hummus recipe works well.

### Slightly Garlicky Hummus Dip

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- 1 can chick peas (or garbanzo beans)
- 1/4 cup tahini (ground sesame seeds)
- 1/4 cup extra virgin olive oil
- 1/2 freshly squeezed lemon
- 2 garlic cloves, roasted
- 3 tbsp. soya sauce
- Sea salt to taste

Rinse the chickpeas and let drain. Add all of the ingredients to a blender and process until smooth. If the mixture is too thick, add a bit more olive oil, lemon juice and soya sauce and blend again. Let sit for one hour and serve. This is great dip for vegetables, crackers or pita bread cut into wedges. The roasted garlic adds a mellow flavour and will be easier on a baby's digestive system.



### Dr. Melanie's Tips to Grow On

One ounce of almonds contains 12 percent of your daily allowance of protein and 35 percent of your daily allowance of vitamin E. Almonds contain iron, folic acid, magnesium, phosphorus and zinc.<sup>34</sup>



Chickpeas are a good source of dietary fibre, complex carbohydrates and protein. They contain calcium, magnesium, iron and folic acid.<sup>36</sup>

**The following are great suggestions for nutritious snacks to eat while breastfeeding or on the go:**

### **The Best Granola EVER**

- 3 cups oats (large flake oats are better, but any kind will do)
- 1 cup sunflower seeds
- 2 cups whole almonds chopped
- 1 cup coarsely chopped walnuts
- 1 cup chopped dried apricots
- 1 cup dried cranberries
- 1 cup raisins
- 1/2 cup extra virgin olive oil
- 1/4 cup brown sugar
- 1 tsp. cinnamon

In a mixing bowl combine all of the nuts and oats. In a measuring glass, mix the extra virgin olive oil, cinnamon and brown sugar until smooth. Pour over the nuts and oats and mix until well coated, then spread evenly over 2 baking sheets. Bake at 350°F for 15 minutes or until the nuts and oats start to brown at the edges. Add the dried fruits evenly over the oat and nut mixture and bake for 5 minutes more.

The fruit should be warm when you take the baking sheets out of the oven. Watch closely, as the raisins can plump up and burn easily if you bake them for too long. This granola tastes wonderful eaten with a soy yogurt for breakfast.

### **Very Berry Protein Shake**

Protein shakes provide instant energy and a great start to your day. They are easy to make and to take with you as you care for your baby.

- 2 cups rice milk
- 1 cup frozen berries or fruit – i.e. blueberries, raspberries, peaches, apricots
- 1 serving of dairy-free protein powder

Pour the rice milk and fruit into a blender and process on high until smooth. Add a serving of protein powder **that doesn't contain whey or milk solids** and blend for a few light pulses to mix.

Most protein powders are made from whey or casein (by-products from cow's milk) or soy. If your baby can tolerate soy, there are many soy based protein powders to choose from. Another alternative from dairy or soy protein powders is hemp protein. Hemp protein provides a complete balance of amino acids; essential fatty acids; natural antioxidants, vitamins, minerals, fiber and chlorophyll.<sup>37</sup> One of the best choices for hemp protein is Vega– a complete whole food replacement that contains a complete plant-based protein, essential fatty acids, digestive enzymes and a multi-mineral & vitamin complex. Vega can be found in most health food stores.

**Honey Coated Almonds**

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- 1 egg white
- 2 cups whole almonds
- 1/4 cup honey
- 1 tsp. cinnamon

In a medium sized bowl, using a whisk, beat the egg white for about 2 minutes. Add the almonds and toss until well coated. In a measuring cup, mix the honey and cinnamon and drizzle them over the almonds. Stir the almonds once more, and then spread them evenly across a baking sheet coated with non-stick cooking spray. Bake at 300° F for 30 minutes or until browned at the edges. Let cool on waxed paper.

**Ginger Spiced Mixed Nuts**

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- 2 tbsp. extra virgin olive oil
- 1 tsp. ginger
- 1/2 tsp. cinnamon
- 1/2 cup honey
- 1 cup walnut halves
- 1 cup whole almonds
- 2 cups peanuts
- 2 cups raisins

Preheat a large frying pan on medium heat. In a measuring cup, mix together the olive oil, the spices and honey until smooth. Pour into the frying pan and heat through. Add the nuts and stir to coat, then add the raisins and stir again. Spread evenly over two baking sheets covered with waxed paper. Let cool.

**Trail Mix**

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- 1 cup whole almonds
- 1 cup walnuts coarsely chopped
- 1 cup raisins
- 1 cup dried cranberries
- 1 cup salted peanuts

Mix in a large bowl and store in a resealable freezer bag close to your breastfeeding station.

**Maple Mixed Nuts**

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- 5 cups of your favorite nuts (use as many kinds as you like)
- 1/4 cup maple syrup
- 1/2 tsp. cinnamon
- 1/4 tsp. cloves

In a large bowl, mix the nuts, the spices and the maple syrup. Spread evenly over a baking sheet coated with non-stick cooking spray. Bake at 350° F for 20 minutes or until the nuts are brown at the edges. Let cool.



