

What Annabel Cooks

Snacks: an e-book

EASY
DELICIOUS
FAMILY
FRIENDLY

GLUTEN
GRAIN
& DAIRY
FREE



ANNABEL BATEMAN

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Welcome!

Welcome to my very first e-book! I'm so excited to be sharing it with you today. The style will give you a 'taste' of my cookbook: *What Annabel Cooks: Real food recipes that will get you flourishing*. Which can be purchased for only \$29.95 on the website, whatannabelcooks.com

Eating delicious healthy food doesn't have to be hard.

I am a snacker. I wish I wasn't. I truly believe that it would be better for my health if I was content just eating 3 meals a day, but I'm just not. I can go through phases where I snack less but there is something about food that I find so appealing I just want more of it! I'd rather eat less and more often. Like I said, I don't think that's great, but I'm learning to be more accepting of myself and work with it. If you're like me, this book might be helpful.

I know how hard it can be when we cut out grains, dairy & refined sugars to find foods that are healthy to 'snack' on. Sometimes a piece of fruit just doesn't cut it and quite frankly it can feed the sugar cravings too.

I have attempted to pull together a few ideas that I use to help prevent me from going down a slippery slope of unhealthy snacking. This little e-book will give you some ideas of what is possible. Some of these snacks are things I buy, some I cook, and others that I simply grab out of the fridge. Some I keep at home and others I take with me when I travel or keep in my handbag.

As with all my recipes and posts on various social media platforms, it is my desire to inspire you to make healthier choices for you and your health, for I do truly believe that we are what we eat.

Eating delicious healthy food doesn't have to be hard. It can be easy, deliciously easy, but it does often require a little bit of planning and organisation. Certainly when it comes to snacking, the old adage is true:

*If you fail to plan,
you plan to fail.*

So have a flick through. If you try something and you like it, let me know. If something doesn't work for you let me know and if you have your own brilliant paleo snack ideas (& I know you will!) please let me know so we can share the love.

If you follow me on social media I'd love you to take photos of what you make and either share to my Facebook page and/or tag me (@whatannabelcooks) on Instagram and use the hashtag #whatannabelcooks.

Together we can all become healthier, more flourishing versions of ourselves.

Happy & healthy snacking,

Annabel



What Annabel Eats

The way I eat is really about getting the most nutrient dense real food into my body. In the best case scenario use the best quality food that you can realistically afford. Feeding a family of 5 I try to do the best I can! What this looks like on a practical level is I buy grass fed meat, good quality fats, get an organic veggie box delivered fortnightly but top up with regular fruit & veg and use free range eggs. Do what works for you.

I eat mostly

Protein Red meat, chicken, fish (grass fed, free range and organic where I can)

Fats Mostly coconut oil, avocados (helped marrying into an avocado farming family!), macadamia oil, olive oil, ghee, butter

Vegetables Mostly organic but this is balanced with the reality of my food budget and convenience.

Fruit I try not to start my day too often with fruit as it sets me up to crave sweet things all day.

Eggs Too many don't agree with me but my kids have at least 2 eggs every morning.

Dairy I ate hard cheeses & butter. I drink A2 milk in my cappuccino.

Coconut In all it's forms - oil, milk, cream, desiccated, shredded, flaked.

I eat sparingly

Nuts & Seeds Not too many as I get very windy with nuts especially cashews & Brazil nuts.

Natural Sugars Fruit, dates, maple syrup, honey, xylitol, stevia. I'm a huge sweet tooth so this is a constant battle for me.

High Fat Dairy e.g. soft cheeses, cream. I don't digest them well with no gallbladder.

Legumes They make me windy and I don't really like them all that much.

Alcohol I'd rather eat my calories than drink them, so this isn't a huge issue for me but will still have a glass of wine or sparkling socially.

I eat rarely

Non Gluten Grains e.g. quinoa, oats, rice. I have the occasional small amount of rice & very occasional piece of gluten free toast but will bloat afterward.

Refined Sugars Well, ok I try not to very often!

I never (knowingly) eat

Gluten Containing Grains Wheat, spelt, oats, rye, barley, etc.

Soy

How to Read the Book

All recipes are **FREE** of

GLUTEN

GRAINS

DAIRY

REFINED
SUGAR



My personal favourite.



Kid friendly.



Auto Immune Protocol friendly, also free from eggs, nuts, seeds & nightshades.



Recipe has a Thermomix instruction version. There will always be a regular cooking version too.



Contains refined sugar - only in the Dessert & Christmas chapters in What Annabel Cooks. Sometimes it's just that chocolate contains sugar.



On some pages (print version) there is a 'My Notes' section, this was the brainchild of my great friend, Bernice Hills. Some recipes lend themselves to your own variations, twists and turns so feel free to scribble your notes in this section and make the recipe your own.

Savoury Snack Ideas

The main secret of successfully sticking to a real food diet is being organised. This is particularly true when it comes to snacks. Here is a list of healthy savoury snacks that you can easily prepare or have on the ready.

Hard boiled eggs

Vegetable sticks

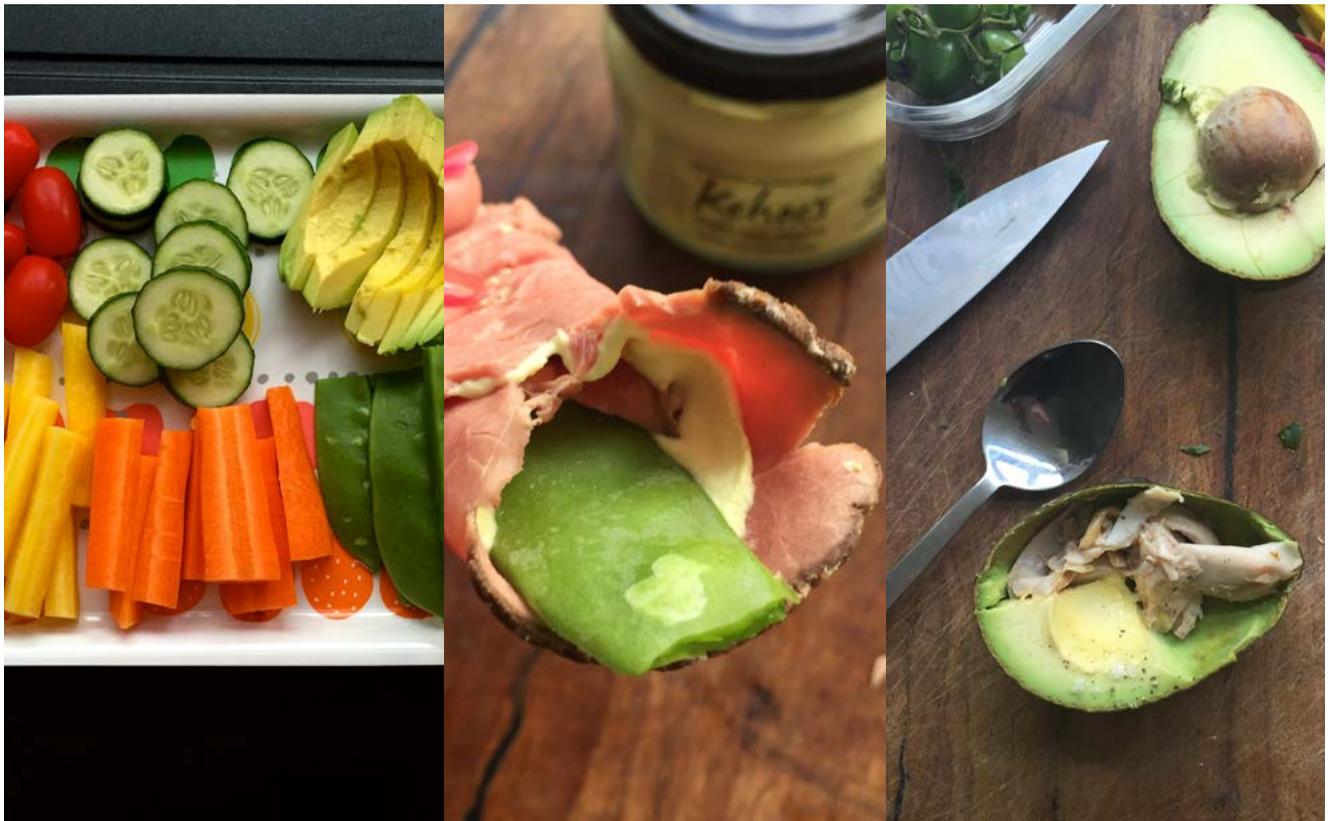
A piece of cold cut meat eg rare roast beef spread with pesto or cashew 'cheese' with a snow pea inside

Cup of bone broth (recipe on the website under chicken stock)

1/2 avocado - sprinkled with salt & pepper. Add a bit of BBQ chicken if you like.

BBQ chicken - I know it's not the best quality protein straight from the shops but I often have one in the fridge and it's easy to grab a bit of chicken if you're really hungry.

Guacamole - mash an avocado, mix with a squeeze of lemon juice, salt & pepper. Eat on its own or dip veggie sticks in it.



Jerky

AIP



I find jerky (dried meat) a really great snack as it's savoury, chewy and all protein. It's also very easy to keep a few pieces in a zip-lock bag in my handbag. I know if you're not used to eating jerky it might sound a bit gross but I challenge you to give it a go. I have had a go at making it myself but I've had such varied results I tend to buy it, however here is a really basic recipe if you can't find good jerky to buy.

INGREDIENTS

500g topside (or check with your butcher for best cut) .
You can also use chicken, salmon or pork.

seasoning - eg S&P, mixed spices.

INSTRUCTIONS

1. Very thinly slice your meat (it can be easier to freeze it first to help kept slices consistent thickness, or get your butcher to slice for you).
2. Rub your seasoning over the meat.
3. Lay out on your dehydrator trays or oven trays and dehydrate on about 60C for approx 8 hours (or overnight) or until at the consistency you like. It does help to turn over during the process.

Note: Just beware when buying jerky that the flavours are paleo - ie no sugars, soy sauce etc. Some spices won't be AIP, so just check if that's important to you.



Pesto

This is such a versatile recipe with so many variations so use the notes section to write in your favourite options. Just cut up vegetables, find some paleo crackers (nut & seed based - the pictured ones are bought, they are called 'Flats') and use them to dip! Easy.

INGREDIENTS

1 large bunch basil
1-2 garlic cloves
Juice 1/2 lemon
1/2 cup almonds (or any nut of your choice - raw or roasted)
6 sun dried tomatoes (optional)
olive oil
salt & pepper

INSTRUCTIONS

1. Remove leaves from basil. Peel and chop garlic.
2. Place all ingredients in food processor and blitz until finely chopped and a chunky paste is formed.
3. You will probably want to taste and adjust flavours eg more lemon/salt and adjust for consistency with oil and even a bit of water if you want it a bit thinner.

YOUR NOTES



Kale Chips

AIP

SAVOURY

Having made kale chips at several cooking classes, it's really interesting to try different oils as they give the chips a different flavour.

INGREDIENTS

1/2 bunch kale
2Tbsp olive/avocado/coconut oil
Salt
1 Tbsp coconut aminos/
tamari (optional)

INSTRUCTIONS

1. Preheat oven to 180C/350F.
2. Cut the stalks out of the leaves and break them into 'chip-sized' pieces.
3. Toss in a bowl with oil (& coconut aminos if you want to). Rub the leaves with the oil – it does need to coat the leaves but you don't really want it dripping)
4. Place on oven trays lined with baking paper and place in the oven (180C/350F) for about 10 mins but keep a good eye on them as they may only need 6-8. Remove.
5. Sprinkle with salt (don't need any if using the coconut aminos/tamari).
6. Eat immediately.



Plantain Chips

AIP

SAVOURY

I know, what the heck is a plantain? They are a giant banana but not quite the same as a banana. They are very starchy but not as sweet as a regular banana. You usually buy them green but they are fine to use when black too. They are hard so you need to cut off the skin as opposed to peel it off. I get mine from a fruit & veg store and it's in the Asian veg section. They can be used sweet or savoury, this is a savoury recipe.

INGREDIENTS

1-2 plantains
oil
salt

INSTRUCTIONS

1. Preheat oven to 180C/350F. Line a couple of baking trays with baking paper.
2. Finely slice the plantain - I use a mandolin to keep the slices even.
3. Toss in oil.
4. Lay them out on an oven tray and sprinkle with salt.
5. Bake for 30-35 mins turning half way.
6. Remove when browned and crisp.

Best eaten immediately however stored tightly in a glass jar they will last a day or 2.





Sweet Potato Chips

AIP

SAVOURY

If you've been following me for a while, you'll know that sweet potato (kumera to all you Kiwis and you Mum), is my favourite vegetable.

You can cut sweet potato chips into pretty much whatever shape and thickness you like. You don't even have to remove the skin.

INGREDIENTS

sweet potato
oil (I prefer coconut)
salt, pepper and herbs
(optional)

INSTRUCTIONS

1. Preheat oven to 200C/400F.
2. Slice sweet potato into desired shapes. The pictured ones are sliced on a thick setting on my mandolin.
3. Toss in or brush with oil. Sprinkle with salt & pepper and herbs if you like.
4. Bake for 30-35mins, turning halfway.



Wrapped Asparagus

AIP

SAVOURY

This is obviously a snack that requires a little preparation but really not that much and a great one as a pre-dinner snack for when you have guests.

INGREDIENTS

Asparagus

Prosciutto or Serrano

INSTRUCTIONS

1. Blanch asparagus in boiling water until just starting to get tender.
2. Drain and rinse in cold water.
3. Wrap up to 3 spears in 1 slice of prosciutto/serrano (or just do individually)
4. Pan fry until the meat is browned and starting to crisp.
5. Eat immediately.



Fruit & Nut Mix

This is such a handy little mix to keep in your bag. You can store a large jar of it in the fridge for weeks to stay nice and fresh and then portion it out into little containers or ziplocks to keep in your bag. Just remember to only eat a handful as a lot of this won't help with the weight!

INGREDIENTS

2 C of nuts (eg almonds, walnuts, pistachios etc.)

1 C shredded or flaked coconut

1/2 C pepitas

1/2 C sunflower seeds

1 C dried fruit (eg apricots, cranberries, dates, figs etc.)

INSTRUCTIONS

1. You can roast the nuts and seeds if you like at 160C for about 10 mins or until crunchy but not burnt, then mix with dried fruit.
2. Or, you can just mix it all together raw.

Note: For a cheeky treat add cacao nibs to the mix.

YOUR NOTES



Pomegranate Gummies

There are a lot of benefits of grass-fed beef gelatin for joints and connective tissue, and a popular way to get more gelatin is to make gummy 'lollies'. These gummies are a cross between jelly and a gummy bear. You can't taste the gelatin so even my kids like them! I use the Great Lakes Gelatin (red tin).

INGREDIENTS

1 cup fresh juice (I used pomegranate juice - can use other liquids like kombucha too)

1 Tbsp raw honey

1 Tbsp grass-fed gelatin

INSTRUCTIONS

1. Heat juice & honey in a saucepan until almost boiling.
2. Sprinkle gelatin over the juice and whisk together until dissolved.
3. Pour into silicone moulds - I used ice-cube trays but you could use mini-muffin pans.
4. Refrigerate for a few hours then pop them out of the moulds.
5. Store in the fridge.





Easiest Apple Crumble

I know this is a weird snack, but if I've got this in the fridge it's an easy dessert style snack.

INGREDIENTS

Apples (at least 1-2 per person)
oil/butter for frying
Vanilla paste
Flaked coconut
Pepitas, sunflower seeds
Nuts of your choice

INSTRUCTIONS

1. Slice apples. You can peel or not depending on how you like them.
2. Melt oil in a fry pan over a med-high heat.
3. Add apples and vanilla bean paste. You might need more fat too.
4. I often put the lid on for part of the cooking to 'steam' the apples.
5. Add in the nuts, seeds and coconut and allow them to brown.
6. Serve with a dollop of coconut yoghurt or eat straight from the pan ;-)



Bliss Balls

What do YOU call these little balls of yummy-ness? There are so many names: bliss balls, protein balls, nut balls, let's just call them dangerous!! Whilst they are a 'healthy' snack, they will still give you a (natural) sugar high and are quite addictive, so don't say I didn't warn you ;-) Thanks to the brilliant PT Meredith Edwards of Mana Energy for introducing me to the world of bliss balls.

INGREDIENTS

12 fresh dates pitted
2 C (140g) nuts (your choice)
1/2 C (80g) sunflower seeds
1/2 C (80g) pepitas
1 C (60g) shredded coconut +
extra for rolling (optional)
1/3 C (70g) coconut oil
vanilla - to taste - 1/2 tsp
approx

INSTRUCTIONS

1. Optional: roast nuts and coconut in oven at 160C for about 10-15mins. Stirring occasionally. Cool.
2. Process the dates into a paste in a food processor/blender/thermomix. You might need a few drops of water.
3. Add the rest of the ingredients (except for water).
4. Pulse/process until it's at a consistency you can roll into balls. If it's too wet add a bit of almond meal or extra coconut, if it's too dry, a few drops of water or oil will help. You can keep processing until quite smooth or leave more chunky depending on what consistency you like.
5. Roll into balls. You can leave them plain or you can roll them in a bit of cacao powder, chia seeds or desiccated coconut.
6. Refrigerate or freeze to set.



Step by Step

1. Process the dates until they look like this:



2. Add all remaining ingredients (except for water):



3. Process for about a minute or so until it looks like this:



4. Whilst the processor is going add in a little bit of water drop at a time until the crumbs start to join together:



Raw Cacao Bliss Balls

If you need a chocolate craving, here is a recipe that will give it to you in a more healthy way than munching through a block of it! There are a few variations you can make too, eg add a few drops of mint oil for amazing choc-mint balls, add a shot of coffee for mocha or add 1/4 cup cacao butter for even more chocolatey goodness.

INGREDIENTS

12 fresh medjool dates pitted
2 C (250g) nuts of choice/LSA
1/2 cup (80g) sunflower seeds
1/2 cup (80g) pepitas
1 cup (60g) shredded coconut
1/3 cup (70g) coconut oil
1/3 cup (30g) raw cacao powder (or cocoa)
1/2 tsp vanilla

INSTRUCTIONS

1. Optional: roast nuts and coconut in oven at 160C for about 10-15mins. Stirring occasionally. Cool.
2. Process the dates into a paste in a food processor/blender/thermomix. You might need a few drops of water.
3. Add the rest of the ingredients (except for water).
4. Pulse/process until it's at a consistency you can roll into balls. If it's too wet add a bit of almond meal or extra coconut, if it's too dry, a few drops of water or oil will help. You can keep processing until quite smooth or leave more chunky depending on what consistency you like.
5. Roll into balls. You can leave them plain or you can roll them in a bit of cacao powder, chia seeds or desiccated coconut.
6. Refrigerate or freeze to set.





Lemon & Macadamia

These have such a fresh flavour - you can make them with lime instead of lemon if you prefer and you can use other nuts if you don't have macadamias.

INGREDIENTS

5 fresh (medjool)dates pitted
1 cup macadamias
1 cup (130g) pistachios/
cashews/other nut/LSA
1 Tbsp raw honey
1 lemon - juice & zest
1 cup (60g) shredded coconut
1/3 cup (70g) coconut oil
1/2 tsp vanilla

INSTRUCTIONS

1. Optional: roast nuts and coconut in oven at 160C for about 10-15mins. Stirring occasionally. Cool.
2. Process the dates into a paste in a food processor/blender/thermomix. You might need a few drops of water.
3. Add the rest of the ingredients (except for water).
4. Pulse/process until it's at a consistency you can roll into balls. If it's too wet add a bit of almond meal or extra coconut, if it's too dry, a few drops of water or oil will help. You can keep processing until quite smooth or leave more chunky depending on what consistency you like.
5. Roll into balls. You can leave them plain or you can roll them in a bit of cacao powder, chia seeds or desiccated coconut.
6. Refrigerate or freeze to set.



Chocolate Fudge Balls

I came up with this recipe to try and find a protein sweet snack for one of my sons to take to school, so it had to be nut free (not to mention that he doesn't like nuts). He's pretty fussy but he loves these. That's a win in our house! I use pure whey protein but if you can't have dairy then you might like to try a dairy free alternative like pea protein. You can even now get paleo protein powders, so if you are strictly paleo look for one of these in your health food store.

INGREDIENTS

10 fresh dates (pitted)
1 Tbsp honey
2 Tbsp raw cacao + extra for rolling
1/4-1/3 cup cacao butter – melted
1/2 tsp cinnamon
1 & 1/4 cups protein powder of choice
1/4 cup water

INSTRUCTIONS

1. Blitz dates in food processor/blender/thermomix until finely chopped.
2. Add rest of ingredients until it forms a thick paste.
3. Refrigerate for about 20 mins if it's really sticky or add a little more protein powder (but not too much).
4. Roll heaped teaspoon sized scoops into balls then roll in extra cacao – this will help with the stickiness. I have rested them in mini muffin tins until a bit firmer to help hold their shape.
5. Freeze.

Makes 20.

Note: Try adding a shot of coffee for an adult version and roll them in freshly ground coffee beans (pictured)



Matcha Green Tea

Matcha tea is a Japanese green tea powder which is exceptionally high in anti-oxidants. Keep an eye out for it at your local trendy cafe!

INGREDIENTS

1 tsp Matcha green tea.
Milk of your choice
Sweetener if you need it.

INSTRUCTIONS

1. Put tea in your cup. Add about a tablespoon of boiling water and stir to dissolve.
2. Heat your milk as you would normally eg stove-top, coffee machine, milk frother.
3. Pour milk into cup. Add a tiny bit of sweetener if you need it.



Green Smoothie

I used to have a lot of smoothies for breakfast as they are a great way to get extra 'greens' into you first up but I find they often set me up for craving 'sweet' for the day. You can pretty much make smoothies with whatever you've got in the fridge but here is a basic recipe to get you started. They can be a great afternoon tea snack.

INGREDIENTS

- 1 banana
- 1/2 mango (if in season or frozen)
- 3 strawberries/handful berries
- 3/4 cup coconut milk
- 1/4 cup coconut water
- 2 large handfuls of greens (spinach/kale/silver beet)
- 1 scoop protein powder (optional - see note)

INSTRUCTIONS

1. Blend until smooth in a blender or Thermomix. Sprinkle with pomegranates or chopped nuts if you want something to 'chew'. Serves 2.

Note: If you use frozen fruit, you will have a nice thick smoothie.

I use pure whey protein powder as I tolerate dairy, but if you can't have dairy then you might like to try a dairy free alternative like pea protein. You can even now get paleo protein powders, so if you are strictly paleo look for one of these in your health food store. You can always just omit the protein powder all together.



What Annabel Cooks

REAL FOOD RECIPES THAT WILL MAKE YOU FLOURISH

EASY
DELICIOUS
FAMILY -
FRIENDLY
RECIPES

GLUTEN
GRAIN
& DAIRY
FREE

NOW AVAILABLE



ANNABEL BATEMAN



I trust you've enjoyed this e-book and have been given some ideas for healthy gluten, grain & dairy free snacks!

Don't forget to choose foods that nourish your body and offer it the best chance of being strong & healthy. It's about experimenting with what works best for YOUR body.

If you like this e-book and want to get a far wider variety of recipes, check out the full print (or ebook) cookbook, *What Annabel Cooks: Real food recipes that will get you flourishing* via the website www.whatannabelcooks.com

Happy Cooking,

Annabel xo