

Approved Prepackaged Snacks & Treats



THE
HEALTHY
BEET ^{pod}cast



Thanks for the download!

If you're a member, you'll recognize this from the Eat Less Sugar in 30 Days program...

But don't worry! We've also included a Chocolate Tahini Cookie Recipe at the end :)

Note: This list has some fantastic low sugar options, however - we highly recommend making your own food, but we know you're human and have a life (we can relate), so sometimes it's not possible to make all your own meals. When you need to grab a bar, or something to drink at the grocery store, refer to this list but try not to make it a habit.

Enjoy!

Juices



Suja Juice - 12 Essentials, Power Greens, Uber Greens and Mighty Greens



Turmeric Alive - Mineral Green Elixir



Smoothies



Suja Juice – Sunset Protein (*only at Target*) (*some of their juices are more like smoothies as they contain bananas)



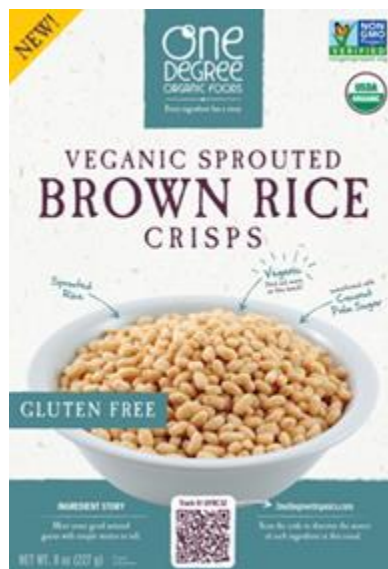
Drink Me - Any variety



Cereals



Living Intentions Superfood Cereal - Cacao Crunch (Peter and I can easily polish off a bag of this in one seating, disregard serving size!)



One Degree Veganic Sprouted Cereal - Brown Rice crisps, Ancient Maize Flakes



Chips/Crackers



Garden of Eatin' - Organic tortilla chips



Beanitos - White Bean Chips with sea salt, Restaurant Style, Original Black Bean with sea salt, Simple Pinto Beans with sea salt





Terra Chips - Sweet Potato Chips (*Non-GMO*), Beet Chips (*Non-GMO*)



Mary's Gone Crackers - Pretzels (*any variety*), Crackers (*any variety*)

Snack/Protein Bars



Squarebar - Any Variety (*these do contain cane sugar, so eat sparingly, but these have to be the best tasting protein bar on the market!*)





GoMacro Macrobar - Protein Purity, Sweet Rejuvenation, Protein Replenisher, Protein Paradise and Morning Harvest

Treats

(these would be great options for your dessert night!)



Theo's - Any chocolate over 70%



Nibmor - Any chocolate over 70%





Coconut Secret - Raw Coconut Cream (*any flavor*)



So Delicious - Coconut Milk Dairy-Free Frozen Dessert (no sugar added mint chip, no sugar added vanilla, no sugar added chocolate)



Hail Merry - Any variety (Macaroons or Pie)





CHOCOLATE TAHINI OAT COOKIES

Serves: 4-6

Time: 20-25 min

Ingredients:

- 1/4 cup tahini
- 1 Tbsp. coconut oil
- 1 cup *Bob's Red Mill Gluten Free* rolled oats
- 1 dash cinnamon & salt
- 1 tsp. vanilla extract
- 1/4 cup coconut nectar (*liquid version*)
- 1/3 cup stevia chocolate chips (*Lily's Sweets brand*)

Directions:

Preheat oven to 350°F. Line baking sheet with parchment paper and set aside. Mix all ingredients in a large bowl, use your hands to really bind the ingredients. Form into 1-2 Tbsp. balls (should make 10-12 balls) and place on the baking sheet. They will be a little crumbly but will harden up after cooking. Bake for 10 minutes, then remove from oven, and using the back of your spoon, lightly smooch them a little so the cookies start to resemble cookies rather than balls. Bake for another 3 minutes. Remove and allow to cool completely before eating.

Note:

If you don't like crumbly cookies, I would suggest placing all the ingredients (except the chocolate chips) in a food processor and giving it a quick spin. Then, pour into a bowl and add in the chocolate chips. Bake for a little less, and don't smooch. We have not tried it this way but are pretty confident it will work.

