

9 Nourishing Snacks that Energise, Satisfy & Banish Cravings

Full Recipes included



Find out why you snack and how you can avoid the cravings with this ultimate snacking guide to help you manage your weight

AN EASY ACHIEVABLE APPROACH TO HEALTHY LIVING

The May Way

Full recipes inside....



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The May Way



As a Masters qualified UK-registered Nutritionist (mBANT) and a real woman with a busy family life, I am here to share with you a simple, no-nonsense approach when it comes to healthy eating, backed up with expert qualified recommendations.

I believe in easy, practical, achievable food that's tasty and works for the whole family!

COOK SMART: your time is precious!

I live by the advice I offer, feeding my own family with this down-to-earth approach and the recipes I create and share with you.



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The May Way



Let me help you stay inspired and motivated with your health goals;
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Planning is key

To keep your appetite in check, planning is key.

Without the right snacks to hand, whether that's in the fridge at home, at your desk at work or in your bag if you're on the run, you're more likely to reach for a high calorie unhealthy snack when hunger kicks in.

We've all done it!

The Good News!

The good news is that choosing great tasty and satisfying snacks, that are also nutrient-rich is easier than you think.

BUT FIRST.....

Before you reach for anything, the first thing you need to do is drink a large glass of water or a luke warm herbal tea....and wait 10-15mins.

Often, thirst is mistaken for hunger and in fact, you are simply dehydrated and thirsty. This simple "rule" will help to establish if this is in fact the case.

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BUT.....!

....knowing which snacks to choose to ensure it's a healthy choice can be mesmerising!

That's why I've put together this delicious collection so you've got something to refer to when you're planning your healthy snacks and looking for something a little different.

With healthy delicious snacks to hand, you won't be reaching for the less satisfying or less healthy options in a hurry and you'll soon wonder why you did in the first place!

ENJOY!

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SIMPLE STEPS TO A HEALTHIER LIFESTYLE

ENERGISING ANTIOXIDANT RICH

APRICOT & CASHEW ENERGY TRUFFLES

THE PERFECT ON-THE-GO CHOICE



Perfect for school pick
ups, post exercise or
that mid afternoon
slump!

PREP TIME: 15 MINS PLUS 30MINS CHILLING

MAKES 20

These little energy balls are perfect when in need of a boost mid-afternoon or post workout. They're quick and easy plus significantly cheaper than shop-bought varieties. Highly nutritious and satiating, they're an ideal snack on the go.

YOU'LL NEED

- 150g Cashews, whole
- 150g dried apricots
- 30g Chia seeds
- 60g Oats
- Zest of 1 orange plus 1 tablespoon juice
- 85g Coconut Oil
- 1 tsp Vanilla extract
- Desiccated coconut – for coating

HERE'S HOW

- Place the cashews in a food processor and blend to a coarse crumb texture
- Add chia seeds, oats and blend until the mixture resembles fine breadcrumbs
- Add in remaining ingredients and blend well
- Take a tablespoon and roll into a small ball. Or, press into a shallow dish "brownie style" & cut into 2 inch squares
- Coat in desiccated coconut (or sprinkle on top)
- Refrigerate ideally, for at least 30mins before serving

STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE

NUTRITIONAL NUGGET:

Apricots are a rich source of beta-carotene, the precursor to the powerful antioxidant vitamin A. They're also high in fibre and a good source of vitamin C. A super nutritious fruit.

PROTEIN & FIBRE RICH

PUMPKIN SEED TAHINI DIP

CREAMY & WHOLESOME DIP



Vibrant nutrient rich
alternative to hummous or
guacamole

PREP TIME: 25 MINS

This high protein dip is a tasty and a highly nutritious alternative to more traditional dips, but also works well as part of a salad or with BBQ's. Make up a big batch to enjoy all week.

YOU'LL NEED

- 200g pumpkin seeds
- 60ml extra virgin olive oil
- 2 tablespoons tahini (sesame seed paste)
- juice of 1 lime (or lemon)
- 1 large handful flat-leaf parsley, finely chopped
- 1 large handful fresh coriander, finely chopped
- 1 green chilli (optional)
- Salt & pepper
- 125ml (lukewarm) water
- Mixed nuts/seeds eg almonds, sesame, pumpkin or pine nuts
- Handful of halved cherry tomatoes for garnish

HERE'S HOW

- In a frying pan, dry toast pumpkin seeds, until lightly golden, taking care not to burn them. Allow to cool slightly.
- Place in a food processor and add the oil, tahini, lemon juice and fresh chilli & blend briefly to combine
- Add the fresh herbs and blend for 1 minute, adding a little water until the mixture is smooth and creamy. Season well.
- Transfer to a serving bowl and garnish with olive oil and a mixture of seeds/nuts and cherry tomatoes, as desired.

SERVE WITH A SELECTION OF VEGETABLE CRUDITIÉS

NUTRITIONAL NUGGET:

Pumpkin seeds are a great source of good fats, which we need to eat more of. Calcium-rich tahini also provides healthy fats, along with good quality plant-based protein.

SUPER PROTEIN RICH

APPLE & QUINOA BREAKFAST MUFFINS

HEALTHY TREAT

Wholesome
nutritious afternoon
tea choice

PREP TIME: 45 MINS

MAKES 12

Combining high protein quinoa, eggs, oats with fruits and nuts results in a highly nutritious and satiating treat, that's ideal to kick start the day or for a packed lunch, after-school snack or as a mid afternoon pick-me-up. Even more moist the next day!

YOU'LL NEED

- 100g quinoa
- 200g oats
- 2 eggs, lightly beaten
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- 100g coconut oil, melted
- 3 sweeter variety apples, eg Gala, coarsely grated, reserving a wedge to slice for decoration
- 50g chopped walnuts / Pecans
- 2 tablespoons maple syrup
- Pinch of salt

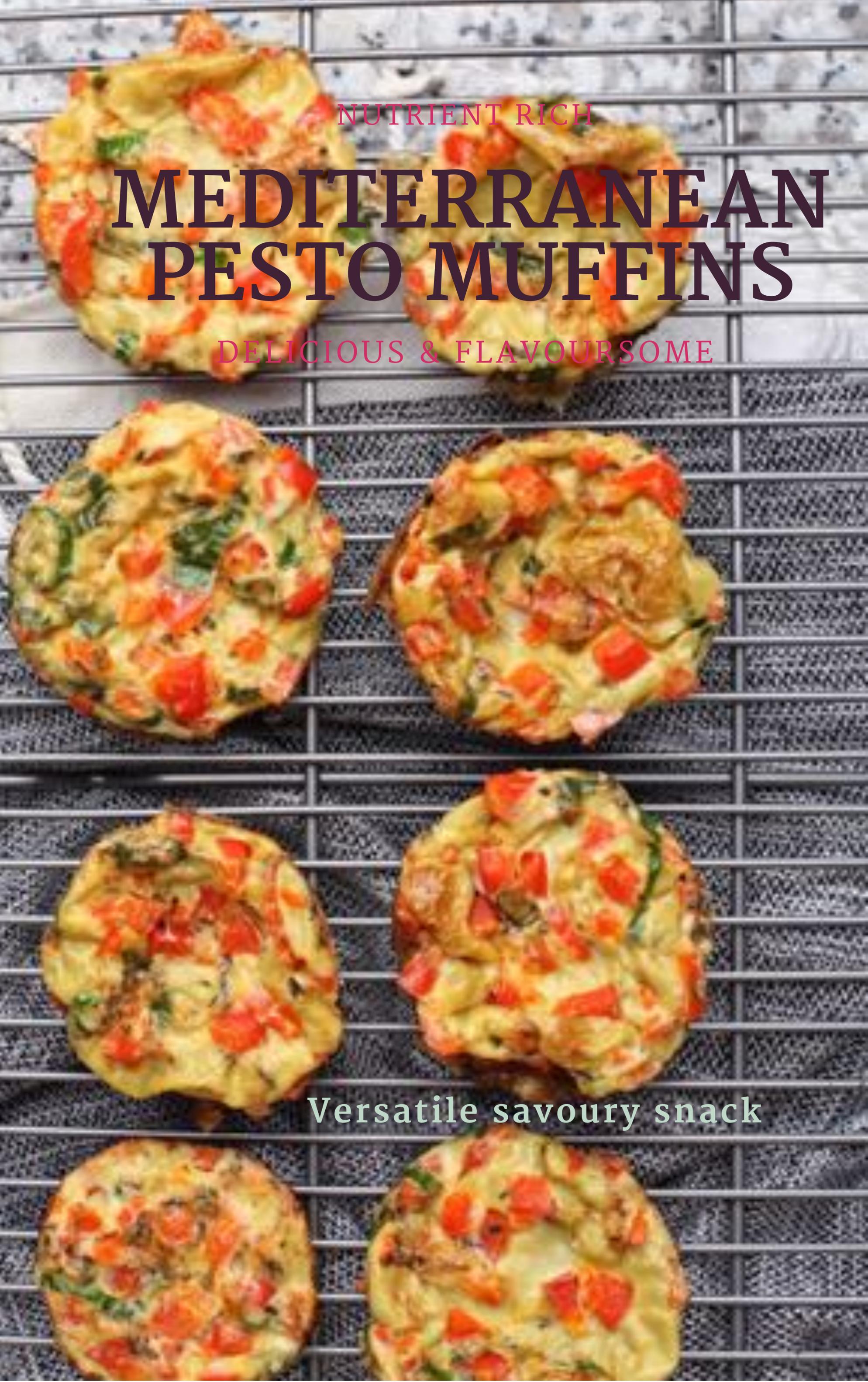
HERE'S HOW

- Preheat the oven to 180 degrees
- Blend the quinoa & oats in a food processor to a fine flour
- In a bowl, mix together the flour mixture, cinnamon and baking powder, before adding the eggs, grated apples, walnuts, maple syrup, coconut oil and salt
- Divide the mixture into a prepared muffin tray
- Lay thin slices of apple over the top & bake for 25mins

ALLOW TO COOL FOR 5MINS IN THE PAN BEFORE REMOVING

NUTRITIONAL NUGGET:

Quinoa is a first class protein providing all the spectrum of amino acids the body needs. As a protein it is highly satisfying and a good alternative grain to use instead of wheat.

A top-down view of ten round, golden-brown Mediterranean pesto muffins arranged on a silver metal wire cooling rack. The muffins are speckled with bright red diced tomatoes and green herbs. The background is a grey brick wall.

NUTRIENT RICH

MEDITERRANEAN PESTO MUFFINS

DELICIOUS & FLAVOURSOME

Versatile savoury snack

PREP TIME: 45 MINS

MAKES 12

These delicious vibrant muffins are ideal for a packed lunch or a picnic choice. They're great baked ahead, but you can also prepare the mixture in advance and bake them when you need them. Remember...adding colour, adds nutrients!

YOU'LL NEED

- 12 eggs, beaten
- 1 large courgette, coarsely grated
- 1 large or 2 medium tomatoes, deseeded and finely chopped
- 100g strong cheese e.g. Mature cheddar, Parmesan or Feta
- 1 tablespoon pesto
- Salt & Pepper
- Olive oil for greasing the muffin tin

HERE'S HOW

- In a frying pan, lightly sauté the courgettes for 5 mins over a gentle heat, until slightly softened
- In a large bowl, combine all the ingredients, taking care not to over-stir
- Season well
- Spoon mixture into a prepared muffin tin
- Bake for 20-25mins until cooked through and lightly golden
- Serve warm or cold

COOL AND STORE IN THE FRIDGE FOR UP TO A WEEK

NUTRITIONAL NUGGET:

Eggs are a complete protein and highly nutritious. Combined with a variety of vegetables, this versatile snack is a balanced and practical on-the-go choice.

PROTEIN & FIBRE RICH

COCONUT CHIA PUDDING

REFRESHING ON-THE-GO CHOICE



Comforting
anytime
treat

PREP TIME: 10 MINS

Prep ahead the night before with this one so it's ready for the kids first thing before school or in a "ready-to-grab" jar for breakfast at your desk. It's super tasty and far cheaper than similar ones available at many food outlets. High in protein, it's a delicious treat that's also satiating.

YOU'LL NEED

- 1 cup chia seeds
- 1 cup coconut milk
- 1 cup any milk; cow's, nut, oat
- 1 tsp vanilla extract
- 2 teaspoons maple syrup
- 1 teaspoon cinnamon

HERE'S HOW

- Combine all ingredients in a large bowl
- Cover and allow the chia to absorb the liquid. Can be served immediately or refrigerate overnight to thicken further
- Before serving, add more milk (any) if the mixture is too thick
- Serve in a bowl or jar as a portable breakfast or snack
- Garnish with chopped fresh fruit, frozen or defrosted berries, nuts, seeds or toasted coconut

STORE IN THE FRIDGE FOR UP TO 1 WEEK

NUTRITIONAL NUGGET:

Chia seeds are packed with protein, fibre and anti-inflammatory omega-3s and absorb up to 12 times their weight. As such they are a perfect nutritious choice that will keep you full for much longer.

A top-down view of a bowl of vibrant orange soup, garnished with white cheese cubes, green pumpkin seeds, and a red spice dust. The bowl is white with a blue rim. In the background, another bowl of the same soup is partially visible, along with a silver spoon and some fresh green vegetables like zucchini and a leafy herb.

NUTRIENT RICH

SPICED TOMATO & CANELLINI BEAN SOUP

HEARTY & WARMING

Healthy anytime snack
or light meal

PREP TIME: 30 MINS

Flavoursome soups are a perfect way to include great ingredients, for a nutritious choice available in the fridge for all the family to eat at any time; mealtimes or otherwise. An easy way to reach your 7-a-day!

YOU'LL NEED

- 2 tins chopped tomatoes
- 1 medium onion, finely diced
- 3 cloves garlic, finely chopped
- 1 tin canellini beans, rinsed and drained
- 1/2 teaspoon cayenne pepper
- 1 tablespoon tomato puree
- Extra virgin olive oil
- Salt & Pepper
- Garnish eg: cubed feta cheese & pumpkin seeds

HERE'S HOW

- Sauté the onions and garlic in a little olive oil, over a moderate heat for 5 mins, until they are softened
- Add salt & pepper along with the cayenne pepper and continue to gently cook for a further 2mins
- Add the tin tomatoes and puree and cook over a low heat for 15 mins. Allow to cool slightly.
- Blend in a food processor and serve garnished with cubed feta, a sprinkly of pumpkin seeds and (optional) chilli flakes

BUTTERBEANS AND RED LENTILS (2 TBSP) ALSO WORK WELL INSTEAD OF THE CANELLINI BEANS

NUTRITIONAL NUGGET:

Including beans or lentils into a vegetable soup boosts the nutritional value; increasing the protein and fibre content of the soup, making the meal more hearty and satiating.

ANTIOXIDANT & FIBRE RICH

TOMATO & FETA SALAD BRUSHETTA

SIMPLE & TASTY



Quick and easy to put
together

PREP TIME: 5 MINS

Don't dismiss a simple salad if you're peckish in between meals. It may not be an obvious choice but it's one of the easiest and nutritious snacks that can be ready in no time. Add in as many salad vegetables as you like, but if it's just a simple salad of 2 ingredients, it's still a fabulous choice! For a more substantial snack/light meal, throw it on a slice of toast.

YOU'LL NEED

- 1 large handful of cherry tomatoes, halved or 2 large tomatoes, chopped
- 1 small red onion – thinly sliced (optional)
- a few sprigs of fresh basil or any other herb (or dried)
- Feta cheese; matchbox size
- Extra virgin olive oil
- Freshly squeezed lemon juice (or balsamic vinegar)
- Salt & Pepper

HERE'S HOW

- Simply assemble the salad ingredients in a bowl and dress with a generous drizzle of olive oil, a squeeze of lemon juice and season with salt and pepper
- For added protein, top with crumbled feta cheese

EAT IMMEDIATELY OR KEEP IN THE FRIDGE FOR AROUND 30MINS TO ALLOW THE FLAVOURS TO INFUSE.

NUTRITIONAL NUGGET:

Tomatoes are packed with the antioxidant Lycopene and the more ripe the tomato, the higher the content. Red onions are also nutrient rich and a powerful anti-inflammatory. A great choice all round!

FIBRE AND PROTEIN RICH

SPICY BAKED CHICKPEAS

THE PERFECT MUNCHING SNACK



Healthy and tasty
alternative to crisps
or peanuts

PREP TIME: 45 MINS

These are a perfect healthy choice to enjoy instead of crisps and salted peanuts. Crunchy and full of flavour, they're the perfect snack to enjoy at any time. Full of protein and fibre, they pack in great nutrients and are fun to eat.

YOU'LL NEED

- 2 cans chickpeas, rinsed and drained
- 100g Parmesan cheese, grated
- 1 tablespoon garlic powder
- 1 tablespoon smoked paprika
- 1 tbsp extra virgin olive oil
- Salt & pepper to taste

HERE'S HOW

- Preheat the oven to 180 degrees
- Drain the chickpeas and rinse well. Lay them on paper towels to dry, preferably for about 30 minutes.
- In a bowl, mix together oil, garlic salt, paprika, parmesan, salt & pepper until well combined. Add the oil and chickpeas beans to the bowl mixture and toss to coat.
- Lay the chickpeas on a baking sheet and bake initially for 20 minutes. Allow them to cool completely and then bake again for a further 10 mins until they are golden and crispy.

STORE IN AN AIRTIGHT CONTAINER ONCE COOLED

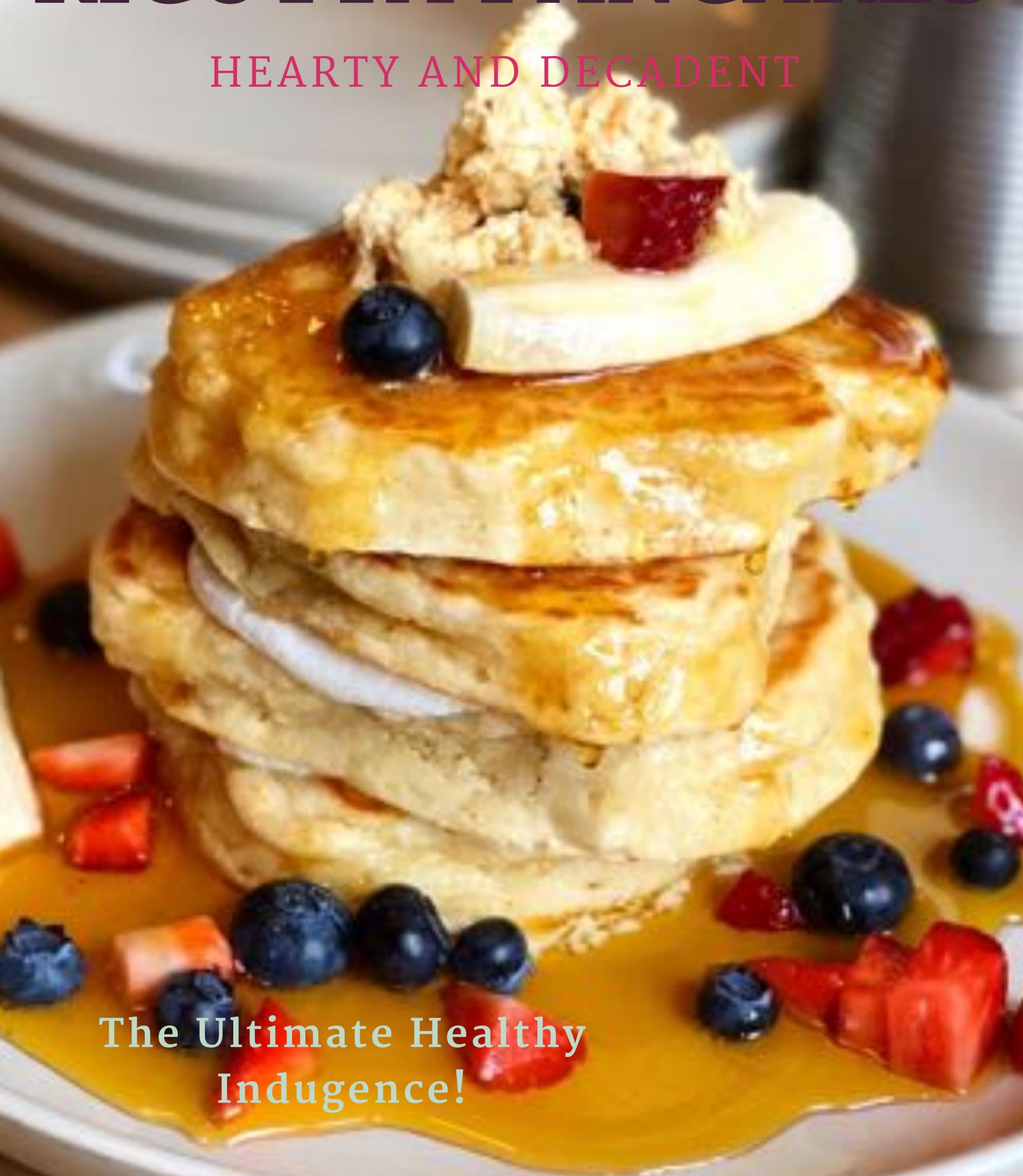
NUTRITIONAL NUGGET:

Chickpeas are part of the legume family and provide excellent soluble fibre, which help with hormone balance and reducing cholesterol. They are also a good source of plant-based protein.

PROTEIN RICH

CINNAMON BUCKWHEAT RICOTTA PANCAKES

HEARTY AND DECADENT



The Ultimate Healthy
Indugence!

PREP TIME: 30 MINS PLUS 30MINS FRIDGE TIME

These delicious gluten-free pancakes are packed with nutrients and highly nutritious. The delicate nutty flavour of the Buckwheat pairs well with so many toppings. A guaranteed winner and a perfect healthy indulgence!

YOU'LL NEED

- 220g buckwheat flour
- 300ml almond milk (or any other milk)
- 1 tablespoon each chia seeds & poppy seeds
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 2 tablespoons ricotta cheese whisked with 1 drop vanilla extract plus almond milk for the desired consistency
- 2 pinches sea salt
- Coconut oil for greasing

Protein Boost Option: add 2 scoops of vanilla protein powder

HERE'S HOW

- Combine all the dry ingredients in a bowl and add the almond milk a little at a time, to form a smooth batter.
- Whisk together until all the milk is added and allow to rest in the fridge for 30 minutes.
- Heat a frying pan and brush with coconut oil. Using a ladle, spoon the mixture in large rounds onto the frying pan. Allow to cook for 1 min on one side before carefully turning
- Transfer the cooked pancakes to a sheet of baking paper and keep warm in the oven whilst you finish cooking the rest of the batch. Once cooled, they can be frozen.

SERVE WITH FRESH FRUITS, NUT BUTTERS, A RICOTTA CHEESE FILLING OR JUST A SQUEEZE OF LEMON AND A DRIZZLE OF MAPLE SYRUP.

NUTRITIONAL NUGGET:

Buckwheat provides a nutritious high protein gluten-free alternative. Use instead of rice or in a porridge.