

Healthy
SNACKS

AT HOME



VOL. 1

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01

Avocado and
Edamame Smash

CHAPTER

02

Brown Rice
Crispy Treats

CHAPTER

03

Hazelnut and Cacao
Bliss Balls

CHAPTER

01

Lunch



01

Mixed Berry Acai Bowl

INGREDIENTS

- 2 Fresh Dates (30g) Pitted
- 1 Cup (150g) Frozen Raspberries
- 1 Cup (150g) Frozen Blackberries
- 1 Cup (150g) Frozen Blueberries
- 1 Cup (150g) Coconut Yogurt
- 1 Tablespoon Chia Seeds

