

Amy's Table – Travelling Snacks

These snacks are great for taking with you on holidays, long car trips and for school lunchboxes. Use a zip lock bag to carry your snacks.

Roasted Chickpeas

- Can chickpeas
- Paprika
- Coconut oil
- Use whatever flavours you have vanilla, garlic, salt, rosemary, turmeric, curry

Preheat the oven to 180 degrees. Drain and rinse a can of chickpeas. Give them a pat dry with a tea towel. Put them on a tray or cake tin, (I use a cake tin so you can give them a shake around to coat them.) Add a table spoon of coconut oil and a teaspoon of paprika. I usually dump it all in the tin, chuck it in the oven for a minute or two, then take it out and give it a shake around to coat the chickpeas. Roast in the oven, once coated, until you get the crunchiness you want. Let them cool, store in an airtight container.

Snack Balls

- Dried dates
- Rolled oats
- Coconut oil
- Greens powder
- Cocoa powder
- Seeds (pumpkin, sunflower, sesame)
- Nuts (almonds, cashews, walnuts, peanuts)
- Shredded coconut

Put everything in a food processor and process until you get the right consistency. If it's too wet, add some chia seeds or oats to soak it up, if it's too dry, add some more coconut oil or a dash of water. I usually add ingredients until I am happy with the taste. Start with oats (1 cup) and dates (1/2 cup) and just keep adding stuff. Roll it in to balls and coat in coconut or crushed nuts, or just leave them plain. Store in an airtight container.

Crunch – from www.wholefoodSimply.com

- Buckwheat
- Tahini
- Vanilla
- Salt
- Maple syrup

Preheat your oven to 175°C. Line a tray with baking paper. Place the tahini, maple and vanilla into a bowl and mix to combine. Add the buckwheat and mix to combine. Spread the buckwheat over your lined tray and sprinkle with salt. Bake for 25 – 30 minutes. Turning your tray half way through the cooking time. Remove from the oven and cool completely. Break. Eat. Enjoy.



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