

10 INGREDIENTS 10 SNACK IDEAS

Plant-Based, Allergen-Friendly, Vegan, Gluten-Free, Nut & Peanut-Free, Kid-Approved, Nutritious

Strawberries, Bananas, Avocado, Spinach, Apples, Lime, Hemp Hearts, Sea Salt, Maple Syrup, Brown Rice Cake Thins



FRUIT PIZZA

1-2 large round apple slices
4-8 round banana slices
8-12 strawberry slices
Maple syrup, drizzle
1 brown rice cake thin, crushed
Sea salt, pinch (optional)

Top 1 to 2 apple slices with some strawberry slices, banana slices, maple syrup drizzle, sprinkle with crushed brown rice cake thins and finish with an optional pinch of sea salt!

This little fruit pizza is a fun snack for all to enjoy!



**BANANA
PUDDING CUP**

1 banana
1 teaspoon maple syrup
Sea salt, pinch
Hemp hearts, sprinkle

In a bowl, mash the banana until very smooth. Add the maple syrup, a pinch of salt and mix. Transfer to a hand-sized serving bowl, sprinkle with hemp hearts and enjoy!

The simpleness of this snack will knock your socks off!



**OPEN-FACED
AVOCADO THINS**

1/2 ripe avocado, mashed
Lime juice, freshly squeezed
Sea salt, pinch
2-3 tablespoons spinach, chopped
Hemp hearts, sprinkle
1-2 brown rice cake thins

In a bowl, mash the avocado, add some lime juice, sea salt and taste. Once the combination is right for you, spread a generous amount onto a couple of brown rice cake thins. Serve with chopped baby spinach and hemp hearts. You will love it!

This nutritious snack is excellent on its own and even better as a side with a bowl of soup!



DIPPIN' KABOBS

1/4 apple, cut in large cubes
3-6 strawberries, whole or halved
1/2 banana, sliced
1/4 cup maple syrup, to dip

Slide the prepared fruit onto small serving skewers and enjoy with a side of maple syrup!

The presentation is everything when trying to consume healthier snacks.



**ROCKIN' GREEN
SMOOTHIE**

1/2 ripe avocado
1/2 banana
4-6 strawberries (1/2 cup)
1/2 small apple, diced (1/2 cup)
1/2 cup baby spinach
1/2 lime, freshly squeezed juice
1 tablespoon, hemp hearts
1 tablespoon maple syrup
1/2 cup water, spring or filtered
Sea salt, pinch

Combine all ingredients, with a squeeze of fresh lime juice, and blend in a high-speed blender. Pour in your favourite glass, sprinkle with more hemp hearts and enjoy!

Tip: for a colder smoothie, throw in a few ice cubes while blending!

There's nothing better than blending nutritious ingredients into a delicious and fueling beverage!

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**AVOCADO
BANANA
SALAD**

1/2 ripe avocado, sliced and diced
1/2 banana, cut in small bites
Maple syrup, drizzle
Hemp heart, sprinkle

In a small bowl, combine the avocado and banana, drizzle with maple syrup and sprinkle with hemp hearts. Just amazing—you'll see!

Who would have thought that combining avocado and banana would be so good! This treat will surprise you!



**AVOCADO
STRAWBERRY
MASH**

1/2 ripe avocado
2-4 strawberries, finely chopped
Lime juice, freshly squeezed
Sea salt, pinch
1-2 brown rice cake thins, cut into fingers

In a bowl, mash the avocado with the strawberries, add some lime juice, sea salt, and taste. Adjust the salt and lime to your preference. Serve with brown rice cake thins cut into fingers. Easy and delicious!

This is a kid-pleasing mash! Let your children help you prepare this fun snack!



**SPINACH
STRAWBERRY
CUPS**

8-10 baby spinach leaves
8-10 strawberries, cut in half or smaller
1/2 ripe avocado
Maple syrup
Lime juice, freshly squeezed
Sea salt, pinch
Hemp hearts, sprinkle

In a bowl, mash the avocado, add a little maple syrup, a squeeze of fresh lime juice, a touch of sea salt and taste. Once you're happy with the flavour combo, layout spinach leaves on your best snack plate, then spoon a teaspoon or so onto each spinach leaf. Top with a strawberry half and sprinkle with hemp hearts. Enjoy!

Introduce kids to salads with these fun cups!



**MASHED BANANA
STRAWBERRY
FINGERS**

1/2 banana
3-6 strawberries, sliced
1-2 brown rice cake thins, cut into fingers

In a bowl, mash the banana. Place your brown rice cake fingers on a plate, spread with some banana mash, strawberry slices and enjoy this 3-ingredient snack!

Spreading naturally sweet mashed bananas on this snack is out-of-this-world!



**SIMPLE
AVOCADO
TREAT**

1/2 ripe avocado
Lime juice, freshly squeezed
Sea salt, sprinkle
Hemp hearts, sprinkle

Wash your ripe avocado, cut in half, remove the pit then slice and dice the avocado right in its skin. Best enjoyed with party serving picks—simple and oh so yummy!

A highly requested go-to snack in our household!