



Faith and Hope
Wellness Associates

3 Low Sugar Snacks

Created by Faith and Hope Wellness Associates



Decadent Chocolate Peppermint Truffles

7 ingredients · 20 minutes · 10 servings



Directions

1. Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
2. Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
3. Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
4. In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

Serving Size

One serving is equal to approximately two truffles.

Additional Toppings

Top with crushed up candy cane or shredded coconut flakes.

More Flavor

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

Ingredients

- 1 cup Pitted Dates (packed)
- 3 cups Water (just boiled)
- 1/3 cup Cocoa Powder
- 1/2 tsp Peppermint Extract
- 3 tbsps Coconut Oil
- 1/3 cup Organic Dark Chocolate Chips
- 1/4 tsp Sea Salt (large flakes, for topping)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|------|
| Calories | 133 | Cholesterol | 0mg |
| Fat | 7g | Sodium | 61mg |
| Carbs | 17g | Vitamin A | 2IU |
| Fiber | 2g | Vitamin C | 0mg |
| Sugar | 13g | Calcium | 17mg |
| Protein | 1g | Iron | 1mg |

Chocolate Almond Butter Smoothie Bowl

10 ingredients · 5 minutes · 1 serving



Directions

1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

More Flavor

Add cinnamon to your smoothie base.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

No Smoothie Bowl

Drink as a regular smoothie instead.

Smoothie Consistency

For a creamier texture, use a frozen banana.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 561 | Cholesterol | 4mg |
| Fat | 24g | Sodium | 223mg |
| Carbs | 59g | Vitamin A | 789IU |
| Fiber | 19g | Vitamin C | 50mg |
| Sugar | 22g | Calcium | 755mg |
| Protein | 33g | Iron | 6mg |

Green Goddess Cashew Dip

9 ingredients · 35 minutes · 4 servings



Directions

1. Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
2. Serve with cucumber slices and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

Serving Size

One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

More Flavor

Add other fresh herbs like cilantro, tarragon or chives.

No Almond Milk

Use cashew milk or boxed coconut milk instead.

No Cucumber

Serve with your favorite raw veggies or whole grain crackers instead.

Ingredients

- 1/4 cup** Cashews (raw, soaked for 30 minutes and drained)
- 1/3 cup** Unsweetened Almond Milk
- 1/2 cup** Basil Leaves (roughly chopped)
- 1/4 cup** Parsley (roughly chopped)
- 2 1/2 tbsps** Lemon Juice
- 1** Garlic (small clove, minced)
- 2 tbsps** Red Onion (finely chopped)
- 1/4 tsp** Sea Salt
- 1** Cucumber (sliced)

Nutrition

Amount per serving

| | | | |
|-----------------|----|--------------------|-------|
| Calories | 70 | Cholesterol | 0mg |
| Fat | 4g | Sodium | 166mg |
| Carbs | 7g | Vitamin A | 721IU |
| Fiber | 1g | Vitamin C | 12mg |
| Sugar | 2g | Calcium | 70mg |
| Protein | 2g | Iron | 1mg |