

## **Practical Nutrition's Guide to "Springing Out of Your Winter Slump!"**

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### **Energizing Snack Mix**

- *The ingredient list below is for 1 "baggie" of snack mix.*
- *Each baggie has 150 calories.*

#### **Ingredients:**

- 1 cup "Skinny Pop" popcorn
- 1/6 cup dried/roasted chickpeas (any flavor you like- we like "The Good Bean" brand)
- 1/8 cup "Dang" toasted coconut chips
- 1/2 Tbls dark chocolate chips (look for 70% or darker with no added sugar)

Mix all ingredients together and enjoy as a nutrient dense, energizing snack on the go, while in front of a movie, or when you get the "urge" for something tasty but not too high in calories!

### **Sprout Stackers**

- *The ingredient list below is for 2 servings*
- *Each serving has 130 calories.*

#### **Ingredients:**

- 2 brown rice cakes (we like Lundberg brand)
- 2 Tbls peanut/almond/sunflower seed butter (whichever you prefer!)
- 4 tsp. raw local honey
- 1/2 cup alfalfa, clover, or broccoli sprouts

Spread the nut butter on top of the rice cake. Place 4 "pinches" of sprouts on top of the nut butter and drizzle with honey.

### **Immune Boosting Spritzer**

- *The ingredients listed below make 2 spritzers.*
- *Each spritzer has 30 calories.*

#### **Ingredients:**

- Juice of 1 whole lemon
- 2" cubes of fresh ginger, peeled and chopped
- 2 Tbls raw honey
- 16 oz. plain sparkling water

"Mash" the chopped ginger with the fresh lemon juice and honey. Add 4 Tbls water to the mixture and allow to sit for 5-10 minutes. Transfer to a glass and add ice and sparkling water to make a delicious, immune boosting beverage.