



THE SNAC COOKBOOK



6 Quick & Easy Recipes for the
Busy Nutrition Student

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20-25 min

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In honor of National Nutrition Month, enjoy this mini cookbook with easy and healthy recipes for the busy student!



Buffalo Cauliflower Bites



Ingredients

3/4 cup flour
3/4 cup almond milk
1 tsp garlic powder
1 tsp paprika
1/2 tsp salt
1/2 tsp pepper
1 large head cauliflower (cut into florets)
3 tbsp vegan butter
3/4 cup hot sauce

Try this as a late night snack or as a healthy appetizer to impress all your friends!

Method

1. Start off by mixing the flour, almond milk, garlic powder, paprika, salt, and pepper in a bowl to make the batter.
2. Next, grab your cauliflower florets and dip them into the batter.
3. Bake for 20 minutes at 450 degrees F.
4. Make some buffalo sauce by combining the melted vegan butter and hot sauce together.
5. After the cauliflower is done baking, dip them into the buffalo sauce, covering them completely.
6. Return the cauliflower back into the oven for 5 minutes at 450 degrees F.
7. Enjoy with some vegan ranch or bleu cheese!

Juicy Chicken 101



Ingredients

1 lb. chicken breast
1/2 tsp. garlic powder
1/2 tsp. paprika
1/2 tsp. lemon pepper
1/2 tsp. salt
2 tbsp. avocado/grapeseed oil

This is the only chicken recipe you'll ever need! Super quick, delicious, and a staple to add to your meals.

Method

1. Start off by patting the chicken breast dry with a paper towel.
2. Next, combine your seasonings and rub them onto the chicken breasts.
3. Heat up a cast-iron skillet to a medium-high, using avocado or grapeseed oil. Make sure not to use olive oil, because it will burn!
4. Preheat the oven to 400 degrees F.
5. Place the seasoned chicken breast on the skillet and cook on one side for 5 minutes.
6. Then, flip the chicken breast and immediately place it in the oven, on the middle rack, for 15 minutes at 400 degrees F.
7. Take out, let cool, and enjoy! You can eat this juicy chicken with rice, steamed vegetables, salads, or on its own!

Spicy Vodka Pasta



Ingredients

- 1 lb. pasta of your choice
- 3 tbsp. butter
- 1 clove garlic or 1/2 tsp. minced garlic
- 1/2 yellow onion
- 6 oz tomato paste
- 2 cups heavy cream
- red chili flakes, salt, pepper

Method

1. Start off by heating up a pan to medium heat, and place the butter on the pan until melted.
2. Add the garlic, onion, and tomato paste, and once combined, add the heavy cream.
3. Once the sauce thickens to a light orange color, add red chili flakes, salt, and pepper.
4. While cooking the sauce, you can boil your pasta until it is al dente. Then, combine with the sauce.
5. Enjoy this creamy pasta with some grated parmesan too if you'd like!

This recipe is based off Gigi Hadid's viral pasta recipe! Try it and you'll thank us later.

Turkey Pinwheels



Ingredients

- 1 tortilla
- refried beans
- spring mix
- 2 slices of cheese (preferably cheddar)
- 2 slices of deli meat turkey

Method

1. Start off by spreading some refried beans onto a tortilla. You can eyeball this amount, and add however much you'd like!
2. Then, place some spring mix, the turkey, and cheese slices onto the tortilla.
3. Roll up the tortilla from one end to another. Then, slice up and you've got your pinwheels!
4. Enjoy with some hot sauce on top for an extra kick of flavor.

This is the easiest and quickest recipe of all time! Try out this quick meal if you are always on the go.

Protein Cinnamon Sugar Donut Holes



Ingredients

1/2 cup self-rising flour
1 tbsp. cinnamon
1 scoop vanilla protein powder
1/4 cup vanilla greek yogurt
3 tbsp. sugar

Method

1. Start off by mixing the flour, 1 tbsp. of cinnamon, protein powder, and vanilla greek yogurt together.
2. Spray your hands with some oil so the batter doesn't stick to your hands. Then, grab a little dough and roll it into mini balls.
3. Cook in the air fryer for 8-10 minutes at 370 degrees F.
4. In a separate bowl, mix 3 tbsp. of sugar and about another 2 tbsp. of cinnamon together.
5. Once the donut holes are done cooking in the air fryer, spray them with oil again and dip them into the cinnamon-sugar mixture.
6. Enjoy!

Try these to fix that sweet tooth craving and get some gains at the same time!

Mangonada Bowl



Ingredients

1/2 cup frozen mango
1/2 cup frozen apricots
1 cup orange juice
5 strawberries
1/2 lime
Chamoy sauce/tajin powder

Method

1. Start off by placing the frozen mangoes, apricots, and orange juice into the blender until a thick consistency.
2. Pour out the mixture into a bowl.
3. Slice up some strawberries and layer them on top.
4. Squeeze some lime juice on top.
5. Next, add some chamoy sauce (found at most grocery stores). If you don't have any, you can also add tajin powder for that spicy kick!
6. Enjoy! This treat will satisfy all your cravings.

Do you want something sweet?
Something spicy? Something
salty? If you can't decide, try
out this recipe to get all flavors
at once!