



8 QUICK AND HEALTHY SNACKS TO ENJOY

Low-sugar enjoyment.



Quick and
low in sugar



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Peanut and date chocolates

WITH PISTACHIOS

Ingredients for 12 pieces:

- 12 soft dates, pitted (e.g. Medjool dates)
- 6 teaspoons peanut butter
- 12 pistachios

1

Press down on the cut side of the dates and fill each with half a teaspoon of peanut butter.

2

Chop the pistachios finely and sprinkle over the stuffed dates.



Tip: You can also choose various nuts, cocoa nibs or dried berries as toppings.



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Date and hazelnut biscuits

WITH CHOCOLATE FROSTING

Ingredients for 12 pieces:

- 100 g soft dates, pitted
- 50 g hazelnuts
- 50 g almonds
- 2 tbsp unsweetened cocoa powder
- 1 pinch of salt
- 1 pinch of ground vanilla, to taste

For the filling:

- 100 g (date-sweetened) chocolate, at least 70% cocoa content
- 12 walnut halves (shelled)

1

Chop the dates into small pieces and roughly chop the nuts. Finely blend all of the dates, half of the nuts, cocoa powder, salt and vanilla (if using) in a food processor in batches. Mix with the remaining chopped nuts.

2

Spread the mixture approx. 2 cm thick in a small, flat dish lined with cling film and press down firmly. Leave to set in the fridge for approx. 2 hours.

3

Turn the date and nut mixture out of the tin. Using a round cutter (approx. 4 cm in diameter), cut out approx. 12 circles and press a small indentation into each one.

4

Melt the chocolate in a bain-marie and fill each mould with a tablespoonful. Allow to set briefly and sprinkle with walnuts.



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Coconut bar

WITH CHOCOLATE

Ingredients for 10 pieces:

For the coconut filling:

- 200 g desiccated coconut
- 2 tbsp maple syrup or honey
- 4 tbsp coconut oil, liquid
- 100 g coconut milk, creamy

For the chocolate coating:

- 200 g (date-sweetened) chocolate, min. 70% cocoa content
- 3 tbsp coconut oil

1

For the coconut filling, place the desiccated coconut, maple syrup, coconut oil and coconut milk in a blender or food processor and blend until smooth. The individual ingredients should stick together well. Wrap in cling film and place in the freezer for 15 minutes.

2

In the meantime, melt the chocolate in a bain-marie and stir in the coconut oil.

3

Remove the coconut mixture from the freezer and shape into small bars. Dip each bar into the chocolate bath and coat with chocolate. Leave to dry on a wire rack lined with baking paper.



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Energy-Balls

Ingredients for approx. 10 pieces:

- 50 g chopped almonds, hazelnuts, walnuts or cashews
- 100 g soft dates, pitted
- 50 g oat flakes, fine
- 1 tbsp unsweetened cocoa powder
- 1 pinch of salt

1

Place the chopped nuts, dates, oats, cocoa powder and salt in a multi-chopper or food processor. Chop everything finely.

2

Take a teaspoonful of the mixture and shape it into a ball.



Banana Bites

Ingredients for 10 pieces:

- 2 bananas
- 100 g (date-sweetened) chocolate, at least 70% cocoa content
- 1 tbsp coconut oil
- 5 tbsp chopped nuts
- 3 tbsp cocoa nibs

1

Peel the bananas and cut each into five pieces. Mix the nuts and cocoa nibs in a small bowl.

2

Melt the chocolate in a bain-marie and stir in the coconut oil.

3

Dip half of each banana into the chocolate and skewer with a toothpick. Top each with a teaspoon of the nut and cocoa nib mixture.



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CREAMY

Almond milkshake

Ingredients for 2 servings:

- 1 large banana
- 400 ml almond or oat milk
- 1 tbsp cashew butter
- 2 tsp lime juice
- 50 g almonds

For sprinkling:

- 1 pinch of cinnamon

1

Peel and chop the banana.

2

Place all ingredients in a blender and blend on high speed until the shake is nice and creamy.

3

Then pour into two glasses and sprinkle with cinnamon.



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Superfood nut bar

Ingredients for approx. 12 pieces:

- 150 g oat flakes
- 100 g almonds
- 50 g walnuts
- 80 g honey
- 50 g coconut oil
- 50 g pumpkin seeds
- 60 g cranberries
- 3 tbsp chia seeds
- 3 tbsp linseed
- ¼ tsp cinnamon
- ¼ tsp salt

- 1** Preheat the oven to 170°C top/bottom heat and line a baking tin (20x20cm) with baking paper. Put the oat flakes, almonds and walnuts in a food processor and chop coarsely.
- 2** Chop the cranberries with a knife and add them to the oatmeal and nut mixture together with the seeds.
- 3** Gently heat the honey and coconut oil in a saucepan, add the cinnamon and salt, and pour over the oatmeal and nut mixture. Mix everything together well.
- 4** Now place the mixture into the tin. Cover with baking paper and press down firmly with another tin or a glass.
- 5** Bake the bars in a preheated oven for 20–25 minutes. If the oats become too dark, cover them with aluminium foil until the end of the baking time.
- 6** Allow to cool to room temperature and then cut into bars of the desired size.



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Sweet puffed rice

Ingredients for approx. 15 pieces:

- 100 g puffed rice
- 2 tbsp coconut oil
- 100 g maple syrup
- 120 g peanut butter
- 1 pinch of cinnamon
- 1 pinch of salt

1

Gently heat the maple syrup and coconut oil in a saucepan. Stir in the cinnamon and salt, then remove from the heat. Finally, stir in the peanut butter.

2

Place the puffed rice in a bowl and pour the maple syrup and peanut butter mixture over it. Mix well and place the mixture in a rectangular mould. Press down lightly with a spoon.

3

Now leave the mixture to set in the refrigerator for approx. 1 hour.

4

Then remove the puffed rice from the mould and cut it into bars with a sharp knife.



Tip: Alternatively, you can replace the coconut oil and maple syrup with dark (date-sweetened) chocolate.

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