

FOOD LOVERS AFTERNOON MUNCHIES



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Parmesan Seed Crackers

I absolutely love these Parmesan Seed Crackers that are both healthy and delicious. With 5 different types of seeds, egg whites and salty taste of grated Parmesan cheese. They make the perfect nutritious snack or quick breakfast and a great addition to cheese boards. Serve them with butter, cheeses, fruit, jam, or salads. And they smell heavenly when they are baking! I hope you enjoy.

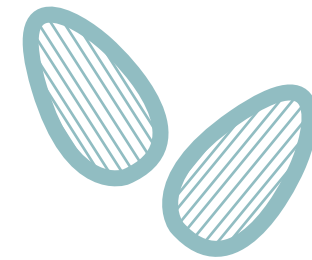
Ingredients

120 gr / 1 cup pumpkin seeds
130 gr / 1 cup sunflower seeds
40 gr / ¼ cup chia seeds
35 gr / ¼ cup sesame seeds
1 tbsp caraway seeds
1 tsp fine sea salt
5 large egg whites
1 tbsp avocado oil
90 gr / 1 cup grated Parmesan

Directions

1. Preheat oven to 150 C / 300 F.
2. Line one baking sheet with baking paper and put another baking paper aside.
3. Mix all of the dry ingredients together in a large bowl.
4. Add egg whites, avocado oil and Parmesan until combined.
5. Transfer the mixture onto the prepared baking paper and place the other baking paper on top. Use your hands or a rolling pin to flatten the dough evenly spreading the mixture as thin as you can. (I like to flatten the dough in between the two baking papers on a tabletop and then transfer it onto the baking sheet)
6. Place in the oven with the baking paper on top still and bake for 40-45 minutes. HALFWAY THROUGH the baking time, remove the baking paper on top and continue baking. Pay close attention in the end to avoid any burning.
7. Turn off the oven and leave the crackers to dry in the oven. Once cool, cut or break into pieces and serve. (You can also take them out of the oven right before the baking time is up and cut into bite size pieces with a pizza wheel and then put back into the oven to complete drying)

Cinnamon Sugar Roasted Almonds



Slow roasted Cinnamon Sugar Roasted Almonds that are made from only 7 ingredients and are one of my favorite holiday snacks. They are coated in an egg white cinnamon sugar glaze and when they are roasting they fill your home with the most amazing festive cinnamon smell. After I take them out of the oven I like to let them cool down for a few minutes and then serve them warm!

Ingredients

1 large egg white
1 tsp vanilla extract
450 gr / 3 cups whole almonds
100 gr / ½ cup granulated sugar
100 gr / ½ cup packed brown sugar
2 tsp ground cinnamon
½ tsp fine sea salt

Directions

1. Preheat oven to 120C / 250F
2. Line a large baking sheet with parchment paper.
3. In a medium sized mixing bowl beat together egg white and vanilla extract until frothy. Add the almonds to the bowl and stir until coated.
4. In another mixing bowl mix together sugars, cinnamon and salt. Add the sugar mixture to the egg white coated almonds and toss until evenly coated.
5. Spread onto the prepared baking sheet in a single thin layer. Bake in the oven for 55-60 minutes. Stirring every 15 minutes. Let cool down for 3-5 minutes and then serve warm.

To store: Let cool down completely to room temperature and then store in an airtight container.



Pistachios with Black and White Peppercorns

by Chef Grant MacPherson

Ingredients

- 1 pound American pistachios, *in-shell*
- 1/4 ounce ground white peppercorns
- 1/4 ounce ground black peppercorns
- 4 tablespoons Canola oil
- Sea salt to taste

Instructions

1. Warm the canola oil in a roasting pan on the stove top, add the pistachios and toast.
2. Add the ground white and black pepper, coat evenly and continue toasting; season with sea salt to taste.
3. Remove from heat and serve warm in the vessel of your choice.



Wasa Crisp 'N Wholesome Wheat with Fresh Fruit and Yougurt

Ingredients

- 1/2 orange, *segmented*
- 1/2 kiwi, *thinly sliced*
- 1 strawberry, *thinly sliced*
- 1/2 lime, *zested and juiced*
- 1/2 teaspoon mint, *chopped*
- 2 tablespoons Greek yogurt
- 2 slices Wasa Crisp 'N Light Wholemeal Wheat Crackerbread

Directions

1. Mix together all fruit and lime zest with lime juice and mint.
2. Spread 2 tablespoons Greek yogurt on each Crackerbread slice.
3. Top with a few tablespoons of the fruit mixture.



Grape, Honey and Yogurt Pops

Ingredients

1 pound **red or black seedless California grapes**, rinsed and stemmed

2 tablespoons **sugar**

1 tablespoon **honey**

1 container (16 ounces) **vanilla or honey Greek yogurt** or a combination

Directions

1. Puree the grapes in a food processor or blender (you'll have about 2 cups).
2. Transfer to a medium-size pot and bring to a boil. Boil the grapes, stirring occasionally, until the mixture has thickened and reduced to about 1 1/2 cups, about 10 minutes.
3. Transfer to a bowl, stir in the sugar and honey and let cool to room temperature.
4. Fold in the yogurt just until nicely swirled, then spoon into frozen treat molds. Cover with foil, insert sticks and freeze for 4 to 6 hours or until set.



Grape Snack Bites

Ingredients

- 2 full **graham crackers** (to yield 8 small rectangles)
- 2 tablespoons plus 2 teaspoons **lowfat cream cheese**
- 8 seedless **California grapes**, *sliced*

Directions

1. Break each graham cracker into its four small rectangles.
2. Spread 1 teaspoon cream cheese on each cracker and top with sliced grapes. Serve immediately.

Nutritional analysis per snack:

calories 28; protein .7 g; carbohydrate 4 g; fat 1 g; 35 percent calories from fat; cholesterol 3 mg; sodium 40 mg; fiber .1 g.

For more grape snack and recipe ideas, visit www.grapesfromcalifornia.com or Facebook at www.facebook.com/GrapesFromCalifornia.