



# SNACK ATTACK

**Inside this nutrition toolkit,** you will find quick, delicious information on how to snack to help keep your energy up and *feel fuller for longer!* 







# HIGH PROTEIN Super Snacks TO POWER YOU THROUGH YOUR BUSY DAY

Protein helps us to feel fuller for longer so here are some great snack ideas to help keep you **energised and focused all day** 

### FIRST THINGS FIRST - SOME IMPORTANT PROTEIN FACTS

1

Our body doesn't store protein so we need to eat some protein in every meal or snack 2

All neurotransmitters in the brain are made from protein. So if you don't eat protein you don't think!



All proteins are made up of amino acids. There are essential and non essential AA's and we need a mixture of them all

#### 4

Protein can be an important source of energy to fuel a long run, cycle ride or a hike.

## Rosemary & Garlic Butterbeans with Bruschetta



can butter beans (400g), drained
 cloves garlic, peeled & finely sliced
 small sprigs rosemary
 2tbsp rapeseed oil
 Pinch chilli flakes (optional)

Heat a small frying pan over a medium heat, add 3 tbsps olive oil.

Add remaining ingredients and stir fry beans until they are golden and warmed through.

Season well and serve with a drizzle of extra virgin olive oil and warm bruschetta

#### **Osteoarthritis**

Researchers at King's College London found that women whose diets were rich in allium vegetables had lower levels of osteoarthritis.

Examples of allium vegetables include garlic, leeks, shallots and onions.

## Goat's Cheese with Peppers & Basil Crostini



This snack is delicious with a big bowl of vegetable soup!

Soft, spreadable goat's cheese or even some humble ricotta work treat as a quick nutrition snack.

Along with protein and fat, goat's cheese also provides phosphorus, copper, B vitamins like vitamin B6 and some iron too.

You can roast the peppers yourself, but the jars of pre-prepared roast peppers or capsicum are perfectly fine if you're short of time.

#### Ingredients

8 thin baguette slices, lightly toasted Chucks of fresh mozzarella Finely sliced roasted red pepper Fresh basil leaves

Takes minutes to prep and arrange and adds delicious flavour when eaten as a snack or meal accompaniment.

### Mushroom Bruschetta with Balsamic Thyme

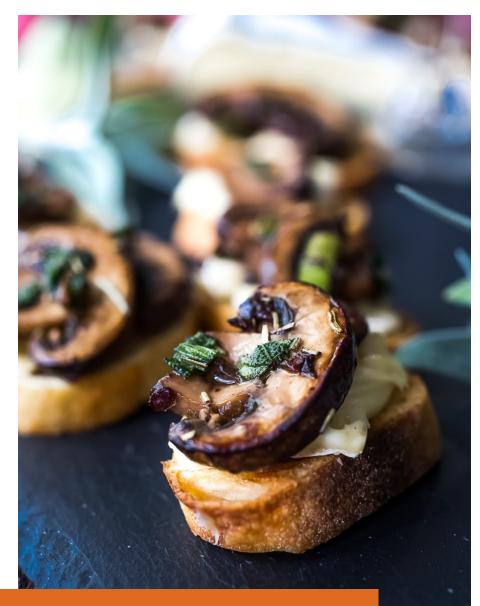
Mushroom and thyme just go together.

The combination just works! ...and if you combine balsamic vinegar too then it takes the flavour of this snack than other level.

120g mushrooms2 tbsp olive oil1 tbsp balsamic vinegarPinch dried thyme leavesHalf clove of garlic (peeled)Toasted mini, garlic bruschettaSalt and pepper

Heat oil in large frying pan over high heat.Slice the mushrooms and toss into pan and sauté quickly, about a minute or two.

Add the balsamic and stir for another 30 seconds, add the thyme and season with salt and pepper. Pile on the mushroom and serve.



Mushrooms are good source of B vitamins, iron and zinc so are excellent to help support the body to recover from stress and ill health. Low zinc has been associated with anxiety potentially associated with concurrent stress.

### Vegan Protein Rescue Soup

#### **Protein Rescue Soup**

This soup is a complete meal in itself as it's rich in all the essential amino acids. It is also an excellent source of complex carbohydrates and essential fats. It's high in magnesium, potassium and calcium for healthy muscles and it's high in vitamins B1, B3, B5 & B6 for central nervous system function and repair. In addition, the kombu in the soup contains iodine which helps to boost energy and stimulate metabolism.

It really is a 'Souper Soup' and superb for lunch or as an accompaniment to dinner.

#### **High Protein Rescue Soup**

Method

<ul> <li>150g broccoli florets</li> <li>1 tin kidney beans in chilli sauce</li> <li>100g spinach</li> <li>50g kale</li> <li>1 tin lentils, drained</li> </ul>	Heat the oil in large pan & fry off the onions. Add the kombu, garlic, broccoli, spinach, kale & brown rice, plus the vegetable stock to the pan & bring to boil and cook on medium heat for 40 minutes.
50g brown rice 50g quinoa 1 onion, diced 3 cloves garlic, crushed 1.5 litres vegetable stock 2 strips kombu (available from health stores)	Now add the quinoa, kidney beans & lentils and cook for a further 10 minutes (add more water if necessary). Allow to cool and remove / discard the kombu (you don't eat this). Blend smooth or serve at desired consistency.

(Makes approximately 6 portions so you can freeze it until required and you need a rescue food)

