



Snack Book

Created by The Mediterranean Movement



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The Mediterranean Movement

Welcome! We hope you enjoy these delicious recipes!

Awesome, nutritious snacks:

From dips to smoothies to chocolate drizzle, these recipes will have you eating well and loving it! Most of these recipes make several servings so that you can cook once and snack several times.

Easy Snacks:

For days that are crazier, or for when you haven't had time to make any snacks ahead of time, feel free to munch on a much simpler snack.

Some of our favorite easy-to-grab and easy-to-eat Mediterranean-inspired snacks include:

- Fruit or veggies with nuts or nut butter
- Hummus with veggies or pita chips
- Dried fruit and nuts
- Veggies with salsa or guacamole
- A smoothie
- Yogurt with fruit or chia seeds
- Applesauce with chia seeds
- A mini-meal: a smaller portion of your lunch or dinner

Let us know:

If you loved these recipes, you can find tons more on our website (www.themedimove.com), including complete meal plans that will have you looking and feeling your best.

Our Community:

We would love for you to be part of our community. Here you can get questions answered, share tips, and be in community with like-minded people. Use #medimove to show us what you are cooking up!

- Facebook: <https://www.facebook.com/MediterraneanMovement/>
- Instagram: https://www.instagram.com/Mediterranean_Movement/

Meal Plans

Check out our Meal Plans! These 21-day plans include three meals and optional snacks, as well as a complete grocery list. Created by a Registered Dietitian, the meal plans have been optimized to follow the principles of the Mediterranean Diet, leading to balanced nutrition and optimal health. <https://themedimove.com/meal-plans/>

Coaching

We also invite you to consider Nutrition Coaching or Weight Loss Coaching with our Registered Dietitians. They will hold your hand and provide expert support every step of your journey, virtually guaranteeing your success!

<https://www.themedimove.com/nutrition-coach/>



Almonds & Dark Chocolate

2 ingredients · 3 minutes · 4 servings



Directions

1. Divide between bowls. Enjoy!

Ingredients

3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)

1/2 cup Almonds



Blueberry Oat Muffins

10 ingredients · 40 minutes · 12 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a muffin pan with liners.
2. In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
3. In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
4. Divide the batter between the muffin cups and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size

One serving is equal to one muffin.

Additional Toppings

Top with shaved almonds or pecans.

No Blueberries

Use strawberries or raspberries instead.

Ingredients

- 2 cups Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 2 tbsps Hemp Seeds
- 1 tsp Cinnamon
- 1 tsp Baking Powder
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 1 cup Blueberries (fresh)



Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)



Mini Potato Crusted Quiche

6 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (204°C) and lightly coat a mini muffin tin with half of the avocado oil.
2. In a medium saucepan, bring the water to a boil and add the potatoes. Boil the potatoes for 10 to 12 minutes or until soft.
3. Drain the water and add the almond milk and remaining avocado oil. Mash together until smooth.
4. Add a spoonful of mashed potato to the muffin tray and use a spoon to create a funnel in the middle. Bake for about 10 minutes and remove from the oven.
5. Whisk the eggs and pour the egg mixture into the funnel created in each potato crust. Top with parsley. Bake again for another 5 to 7 minutes or until the egg is set. Let it cool and remove with a spoon or small spatula. Enjoy!

Ingredients

2 tbsps Avocado Oil (divided)
3 cups Water
2 Russet Potato (peeled, chopped)
1/4 cup Unsweetened Almond Milk
2 Egg
2 tbsps Parsley (chopped)

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is two mini potato quiches.

More Flavor

Add salt and pepper to taste.



Tuna Salad Plate

5 ingredients · 5 minutes · 1 serving



Directions

1. Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add pepper, paprika and/or lemon juice.

Additional Toppings

Top with sliced green onions, red onion or red pepper flakes.

No Tuna

Use sardines or salmon instead.

No Coconut Yogurt

Use mayonnaise or Greek yogurt instead.

Ingredients

1 can Tuna (drained, broken into chunks)

1/2 Avocado (pit removed)

1/4 cup Unsweetened Coconut Yogurt

1/4 Cucumber (sliced)

1/4 tsp Sea Salt



Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

Ingredients

- 1 Apple
- 2 **tbsps** Almond Butter



Roasted Red Pepper Lentil Dip

8 ingredients · 20 minutes · 6 servings



Directions

1. Add the lentils and water to a pot over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
2. Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
3. Serve chilled and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/3 cup of dip.

More Flavor

Add red pepper flakes for a spicier dip.

Serve it With

Veggies, crackers or flatbread.

No Store-Bought Peppers

Roast your own red peppers instead.

Ingredients

1/2 cup Dry Red Lentils (rinsed well)

2 cups Water

4 1/4 ozs Roasted Red Peppers (from the jar)

2 tbsps Lemon Juice

1 1/2 tbsps Extra Virgin Olive Oil

1 tbsp Tahini

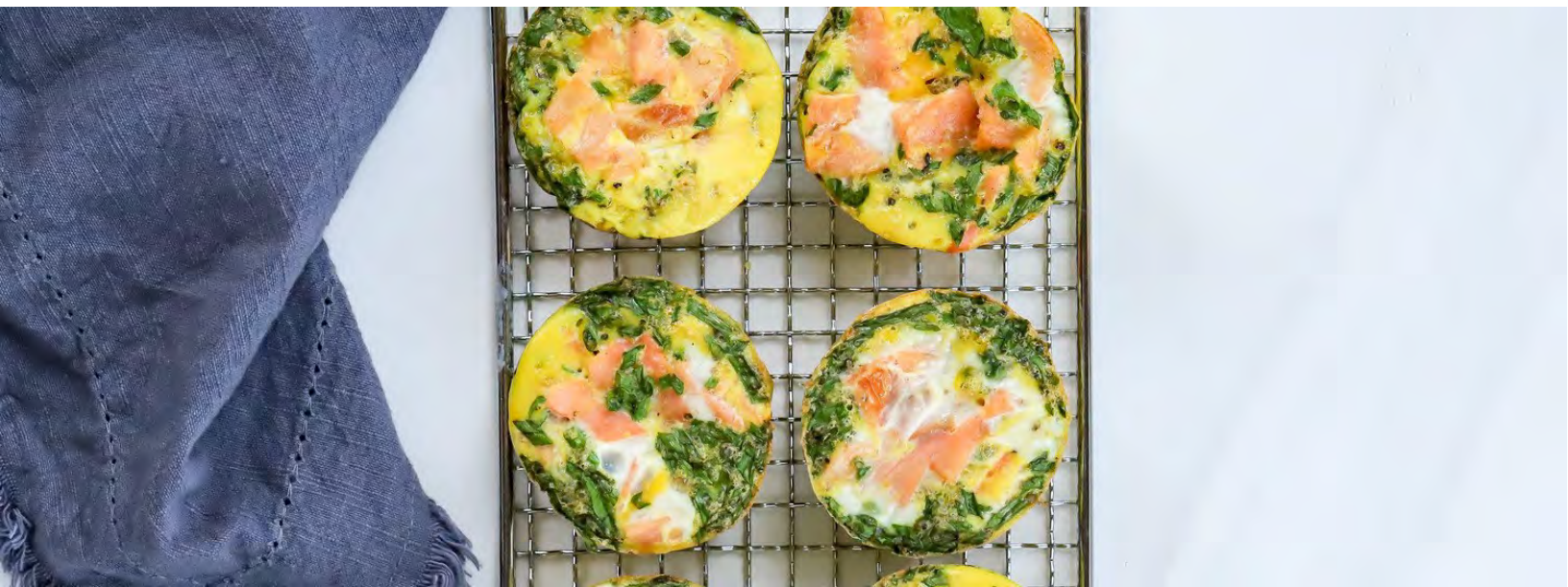
1 Garlic (small, minced)

1/2 tsp Sea Salt



Smoked Salmon Egg Cups

6 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
2. In a small bowl, whisk together the eggs, chives, salt and pepper.
3. Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two egg cups.

More Flavor

Add fresh dill or capers to the muffin tins.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 6 **Egg**
- 1 **tbsp** Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 4 **ozs** Smoked Salmon (roughly chopped)



Coconut Chia Seed Yogurt

4 ingredients · 30 minutes · 1 serving



Directions

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Ingredients

1 cup Unsweetened Coconut Yogurt

1/4 cup Chia Seeds

1 tsp Cinnamon

1/4 cup Strawberries (chopped)



Fruit Skewers

4 ingredients · 10 minutes · 4 servings



Directions

1. Take the wooden skewers and thread a chopped strawberry, kiwi and grape one at a time. Repeat until each skewer is full. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to three skewers.

More Flavor

Add a chopped banana or apple. Sprinkle the skewers with cinnamon.

No Wooden Skewers

Make it into a fruit salad instead.

Ingredients

12 Barbecue Skewers

1/2 cup Strawberries (sliced)

1 Kiwi (chopped)

1/2 cup Grapes



Salmon Cucumber Bites

4 ingredients · 5 minutes · 2 servings



Directions

1. Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt

Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.

Ingredients

1/4 cup Plain Greek Yogurt

1/2 Cucumber (sliced)

3 1/2 ozs Smoked Salmon (sliced)

1/4 tsp Black Pepper



Pear & Walnuts

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free

Use sunflower seeds instead of walnuts.

More Flavor

Season the pear with cinnamon.

Ingredients

1 Pear

1/4 cup Walnuts



Campfire Baked Apples

2 ingredients · 10 minutes · 2 servings



Directions

1. Slice apples and cut out the cores. Place onto a double layer of aluminum foil lined with parchment paper. Sprinkle with cinnamon.
2. Fold into a foil packet and place onto the coals of a campfire for 10 minutes, flipping halfway.
3. Carefully open foil packet and let cool slightly. Enjoy!

Notes

Parchment Paper Trick

Lining the inside of your foil packet with parchment paper will keep the apples from sticking to the foil and makes it easier to eat out of. The parchment paper also makes the foil less likely to tear, and therefore potentially reusable for other meals.

Serve it With

Yogurt or a scoop of coconut ice cream.

No Campfire

Use a grill with medium heat instead.

Likes it Sweet

Drizzle with a bit of honey or maple syrup.

Ingredients

2 Apple

1 tsp Cinnamon



Mint & Goat Cheese Stuffed Tomatoes

3 ingredients · 15 minutes · 2 servings



Directions

1. In a bowl, mix together the goat cheese and half the mint until well combined.
2. Stuff each cherry tomato half with the cheese mixture and transfer to a plate.
3. Garnish with the remaining mint and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 3/4 cup of stuffed cherry tomatoes.

More Flavor

Drizzle extra virgin olive oil overtop.

No Mint

Use parsley or basil instead.

Make it Vegan

Use cashew cream cheese instead.

Ingredients

1/3 cup Goat Cheese (crumbled)

1/4 cup Mint Leaves (chopped, divided)

1 1/2 cups Cherry Tomatoes (halved, seeds removed)



Tzatziki with Cucumber Slices

6 ingredients · 15 minutes · 2 servings



Directions

1. Slice off 1/4 of the cucumber and set the remainder aside.
2. Slice the 1/4 portion of cucumber in half. Scoop out the seeds and discard. Grate the remaining cucumber then squeeze out as much liquid as possible. Transfer to a mixing bowl.
3. Stir in yogurt, garlic, lemon juice, mint and sea salt until thoroughly combined. Transfer to a serving bowl.
4. Slice the remaining cucumber into slices and serve with tzatziki. Enjoy!

Notes

Dairy-Free

Use a plain dairy-free yogurt instead of Greek yogurt.

No Mint

Use dill instead.

Storage

Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.

Ingredients

- 1 Cucumber (divided)
- 1 cup Plain Greek Yogurt
- 1 Garlic (clove, minced)
- 1/2 Lemon (juiced)
- 2 tbsps Mint Leaves (fresh, finely chopped)
- 1/2 tsp Sea Salt



Chocolate Nutty Baked Pears

7 ingredients · 35 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
3. In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
4. Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

Serving Size

One serving is equal to one pear half.

Nut-Free

Omit the walnuts and top with nut-free granola or use pumpkin seeds.

No Pomegranate

Use fresh cranberries instead.

Ingredients

- 3 Pear (sliced in half, cored)
- 1/4 tsp Cinnamon
- 1/4 cup Walnuts (chopped)
- 1 1/2 tps Maple Syrup
- 2 tbsps Pomegranate Seeds
- 1 tbsps Organic Dark Chocolate Chips (for drizzling)
- 1/2 tsp Coconut Oil (for drizzling)



Sunflower Banana Boat

4 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
2. Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day. Best enjoyed the same day.

Additional Toppings

Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.

Ingredients

- 1 **tbsp** Sunflower Seed Butter
- 1 **1/2 tbsps** Water (warm)
- 1 Banana (peeled)
- 1 **tbsp** Unsweetened Shredded Coconut



Basil & Chive Pesto

10 ingredients · 10 minutes · 8 servings



Directions

1. Combine all of the ingredients into a food processor and blend for 1 to 2 minutes on high speed, or until creamy.
2. Transfer to a bowl and serve with crackers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Omit the macadamia nuts or use sunflower seeds instead.

More Flavor

Add garlic powder or more lemon juice.

No Rice Crackers

Use any type of crackers or chopped vegetables. You can also use the pesto as a pizza or pasta sauce.

Ingredients

1/2 cup Basil Leaves
1/2 cup Parsley
1/2 cup Chives (chopped)
1/4 cup Nutritional Yeast
1/4 cup Macadamia Nuts
1/3 cup Extra Virgin Olive Oil
3 tbsps Lemon Juice
1/4 tsp Sea Salt
1/4 tsp Black Pepper
14 1/8 ozs Rice Crackers



Chocolate Dusted Almonds

5 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, toss the almonds with the coconut oil until well coated. Sprinkle cocoa powder, sea salt and stevia overtop and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

No Stevia Powder

Use monk fruit sweetener, honey or maple syrup instead.

Ingredients

1/4 cup Almonds

1 1/2 tsps Coconut Oil (melted)

1/2 tsp Cocoa Powder

1/8 tsp Sea Salt

1/4 tsp Stevia Powder



Golden Beet Hummus

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400F (204°C). Wrap the beet in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beet from the oven, let it cool and then peel.
2. In a blender or food processor, add the chickpeas and blend until smooth. Next, add the beet and blend again. Add the lemon, sea salt, tahini and garlic and blend until mixed together. Slowly drizzle in the water and keep blending until smooth and creamy.
3. Add to a serving dish and garnish with sesame seeds, chopped chives and extra virgin olive oil, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

More Flavor

Add spices such as turmeric, paprika or nutritional yeast.

Smooth Consistency

To make the hummus very smooth, pop the chickpeas out of their skins before blending.

Ingredients

- 1 Golden Beet (skin on, washed)
- 1 **3/4 cups** Chickpeas (cooked, rinsed)
- 1 Lemon (juiced)
- 1/2 **tsp** Sea Salt
- 2 **tbsps** Tahini
- 2 Garlic (cloves)
- 1/3 **cup** Water (ice cold)
- 2 **tsps** Sesame Seeds (optional)
- 1 **tbsp** Chives (chopped, optional)
- 1 **tbsp** Extra Virgin Olive Oil (optional)



Cucumber & Avocado Salad

5 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. For best results, cut and add the avocado just prior to enjoying.

More Flavor

Add chili flakes or cayenne.

Additional Toppings

Nuts, seeds or additional vegetables.

Ingredients

1/2 Cucumber (sliced)

1/2 Avocado

1 1/2 **tsps** Lemon Juice

1 **tbsp** Parsley (chopped)

1/8 **tsp** Sea Salt



Apple Crisp Yogurt Bowls

5 ingredients · 20 minutes · 2 servings



Directions

1. In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
2. Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

Leftovers

Refrigerate separately in an airtight container for up to three days.

Serving Size

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

Ingredients

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt



Baba Ganoush

6 ingredients · 20 minutes · 4 servings



Directions

1. Adjust oven rack closest to the broiler. Set oven to high broil. Place eggplant on a foil-lined baking sheet and toss in oil. Roast for 10 minutes or until tender and golden brown. Remove from oven.
2. Wrap the eggplant in the foil and let rest for 5 minutes.
3. Remove the skin from the eggplant and discard. Then add the flesh of the eggplant to a food processor or blender. Add the remaining ingredients and blend until creamy. Adjust seasoning as needed.
4. Transfer to a bowl and enjoy!

Notes

No Parsley

Use cilantro or basil instead. Can also omit completely.

No Avocado Oil

Use olive oil instead.

No Lemon

Use apple cider vinegar to taste.

Leftovers

Refrigerate in an airtight container up to 3 days.

Serve it With

Crackers, veggie sticks, with burgers or on salad.

Ingredients

1 Eggplant (medium, trimmed, sliced into 1/4 inch strips)

3 tbsps Avocado Oil

2 tbsps Tahini

2 tbsps Parsley (fresh, chopped)

1 Lemon (juiced)

1/4 tsp Sea Salt



Rice Cake with Yogurt & Berries

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread the coconut yogurt onto the rice cake and top with the raspberries. Enjoy!

Notes

Leftovers

Store all ingredients separately until ready to serve.

More Flavor

Drizzle with honey or maple syrup or garnish with a pinch of cinnamon.

Additional Toppings

Sprinkle with hemp seeds, chia seeds or ground flax seeds.

No Raspberries

Use strawberries or blueberries instead.

Ingredients

1 Plain Rice Cake

1 **tbsp** Unsweetened Coconut Yogurt

1/4 **cup** Raspberries



Goat Cheese Zucchini Rolls

2 ingredients · 10 minutes · 1 serving



Directions

1. Spread a thin layer of goat cheese on each slice of zucchini.
2. Gently roll them into small wraps and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One zucchini makes approximately 12 rolls.

Dairy-Free

Use cashew cream cheese instead.

More Flavor

Mix in your choice of fresh herbs into the goat cheese. Drizzle with extra virgin olive oil.

Ingredients

1/4 cup Goat Cheese (crumbled)

1 Zucchini (trimmed, sliced length-wise)



Chicken Salad Cabbage Wraps

12 ingredients · 20 minutes · 4 servings



Directions

1. Heat a skillet over medium heat and add the avocado oil. Once heated, add the chicken, oregano and thyme. Cook for 6 to 7 minutes or until cooked through. Add to a bowl and set aside.
2. Add the celery, apple and pumpkin seeds to the bowl with the chicken and toss to combine.
3. In a small bowl, mix the yogurt, mayonnaise and lemon juice together. Add the yogurt mixture to the chicken and toss to coat. Season with sea salt and pepper. Wrap the chicken mixture in cabbage leaves. Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt, like coconut yogurt.

No Purple Cabbage

Use romaine leaves, butter lettuce leaves, kale leaves or a tortilla instead.

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to two wraps.

Ingredients

1/2 tsp Avocado Oil

10 ozs Chicken Breast (boneless, skinless, cut into cubes)

1/2 tsp Oregano

1/2 tsp Thyme

2 stalks Celery (chopped)

1/2 Apple (diced)

1/4 cup Pumpkin Seeds

1/3 cup Plain Greek Yogurt

2 tbsps Mayonnaise

1 tsp Lemon Juice

Sea Salt & Black Pepper (to taste)

2 cups Purple Cabbage (pulled apart into leaves)



Guacamole Corn & Feta Dip

10 ingredients · 15 minutes · 8 servings



Directions

1. Add the avocado, tomato, corn, and onion to a mixing bowl and gently stir to combine.
2. Add the cilantro, garlic, olive oil, apple cider vinegar and salt to the bowl and gently mix together.
3. Transfer to a serving bowl and top with feta cheese. Enjoy!

Notes

Serve it With

Brown rice chips, tortilla chips or pita wedges. Also goes great as a side with chicken or fish.

Leftovers

This recipe is best enjoyed immediately as the avocado will start to brown over time, however, leftovers can keep in the fridge, tightly sealed for about 1 to 2 days. Stir well before mixing.

Serving Size

One serving is equal to approximately 1/2 cup of dip.

Ingredients

- 3 Avocado (diced)
- 2 Tomato (medium, seeds removed and chopped)
- 1 cup Corn (cooked)
- 1/2 cup Red Onion (finely chopped)
- 1/4 cup Cilantro (finely chopped)
- 1 Garlic (clove, minced)
- 2 tbsps Extra Virgin Olive Oil
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Sea Salt
- 1/2 cup Feta Cheese



Herbed Chickpeas with Avocado

6 ingredients · 15 minutes · 2 servings



Directions

1. Heat the olive oil in a large pan over medium heat. Add the chickpeas and salt, stirring occasionally until heated through, about 8 to 10 minutes.
2. Stir in the chopped spinach and cook for one minute or until wilted. Add the mint and stir to combine.
3. Divide chickpeas and avocado onto plates and enjoy!

Notes

Leftovers

Avocado is best enjoyed the day of. Refrigerate the chickpea mixture in an airtight container up to five days. Leftovers can be enjoyed over yogurt or toast, stirred into a soup, or added to a salad.

Serving Size

One serving is equal to approximately one cup of chickpeas and half an avocado.

More Flavor

Add lemon juice or dried spices like garlic powder, onion powder or chili powder.

Additional Toppings

Feta cheese, cherry tomatoes, onion, basil, parsley or cilantro.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 2 cups** Chickpeas (cooked, patted dry)
- 1/2 tsp** Sea Salt
- 2 cups** Baby Spinach (chopped)
- 1/4 cup** Mint Leaves (stems removed, chopped)
- 1** Avocado (pitted, sliced)

