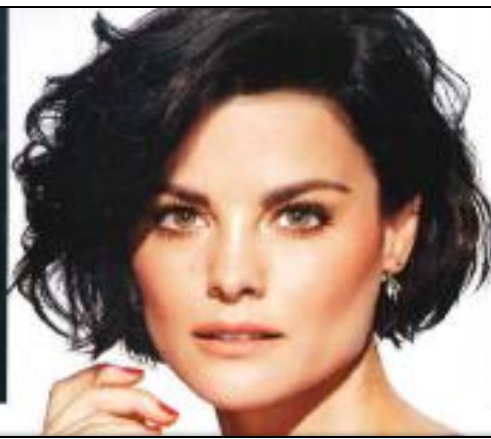


BE BEAUTIFUL
BE IN
SHAPE



Jaimie Alexander

Crunchy chickpea snacks

Roast a batch of chickpeas on the weekend and all week long you'll have a crunchy, nutty, addictive snack that's high in fiber and protein. This recipe from chef and author Ariane Resnick is customizable: Drizzle two cups of drained chickpeas with one to two tablespoons of vegetable or algae oil, and sprinkle with seasonings to taste. (For a tropical flavor, try ground ginger, coconut sugar, and orange zest; for a ranch flavor, use garlic powder, dried dill, salt, and pepper.) Roast at 375 degrees for about 20 minutes.

eatright
healthytreats



104 MARCH 2016 SHAPE.COM

HEALTHY SNACKS, delivered
No time to make your own? These special services bring them right to you.



NATUREBOX These or five different full-size bags of nutritionist-approved snacks are sent to you weekly, biweekly, or monthly. Pick your own, or let the company curate a collection for you. (From \$14 per box, naturebox.com)

GRAZE Tell it what you like, and each month Graze will mail you a selection of portion-controlled super-creative bites, like chocolate pecan pie (pecans, dates, vanilla pumpkin seeds, and fudge) (\$7 per box, graze.com)

LOVE WITH FOOD Receive a seasonally themed box of organic or all-natural snacks, such as snap pea crisps or chocolate fudge, via this subscription service. With every order, a meal is donated to a food bank (\$10 per box, lovewithfood.com)

NOURISH SNACKS This line of healthy snacks, from Today Show nutritionist Joy Bauer, R.D.N., is available online à la carte or by themed collections. Choose "snack 'n save" to get a discount and a box of snacks every month. (From \$10 per box, nourishsnacks.com)

fats, ads, most a to les, and- sts their tion.

us Hemaley, ed + Simple,

avor the -cup make- it with with dried (in rats, and dried by treat with hat's high in letum.

mole e of im with list from any live of Mash ed sun-dried (se-pita chips or dipping.

weetness es, just a in satly up their im with at or beta,

snack attack

ood a snack d lunch, calories. To er gap finer, which hours or 50 calories.

Crunchy chickpea snacks

Roast a batch of chickpeas on the weekend and all week long you'll have a crunchy, nutty, addictive snack that's high in fiber and protein. This recipe from chef and author Ariane Resnick is customizable: Drizzle two cups of drained chickpeas with one to two tablespoons of vegetable or algae oil, and sprinkle with seasonings to taste. (For a tropical flavor, try ground ginger, coconut sugar, and orange zest; for a ranch flavor, use garlic powder, dried dill, salt, and pepper.) Roast at 375 degrees for about 20 minutes.

Mango-chia pudding

Chia is perfect post gym, says chef Julie Morris, the author of *Superfood Snacks*. In a blender, process the flesh of two mangoes, a half cup of light coconut milk, and one tablespoon of agave syrup until smooth. Add more agave to taste and three tablespoons of chia seeds; pulse to incorporate. Pour into two small bowls. Refrigerate for at least 30 minutes and up to a week. Enjoy topped with coconut.

Pumpkin pie nut butter dip

Blend a half cup of nut butter with one cup of pumpkin puree and one teaspoon of pumpkin pie spice and enjoy with chopped vegetables, Stein says. Low-cal pumpkin adds a potent dose of vitamin A, which keeps skin, teeth, and muscles healthy.

PAIR IT RIGHT Whenever you snack on fruits or vegetables, add some protein and a little healthy fat to keep you satiated and help you eat less later on.

SHAPE.COM MARCH 2016 105

bull.
A fun new way to firm

March 2016 \$4.99
shape.com



0192567151078 8
DISPLAY UNTIL MARCH 15



cravings fast!