

# Finger Food!

**Nutrient-rich, finger-friendly snacks the whole family will love**



Whether it's an after-school nibble or movie-night munchies, nothing hits the spot quite like finger food. But don't settle for nutritionally bankrupt processed foods. Satisfy your snack cravings with our healthy take on family favorites.



## Healthy Chicken Fingers with Honey-Mustard Dipping Sauce

### SERVES 6

*These kid-friendly chicken fingers are nut-free and gluten-free, making them the perfect option for those with food allergies or sensitivities to nuts and grains.*

- ½ cup avocado oil mayonnaise**
- 2 tablespoons Dijon mustard**
- 2 tablespoons honey**
- ½ tablespoon fresh lemon juice**
- 1½ pounds chicken breasts, sliced into “fingers”**
- 1 large egg**
- ¾ cup cassava flour**
- ¼ cup coconut flour**
- 2 teaspoons sea salt**
- 1 teaspoon onion powder**
- 1 teaspoon smoked paprika**
- ¼ teaspoon black pepper**
- ¼ cup plus 2 tablespoons coconut oil**

**1** In a small bowl, combine the mayonnaise, mustard, honey, and lemon juice. Whisk until mixed well. Set aside.

**2** In a large bowl, combine the cassava flour, coconut flour, salt, and spices.

**3** In another small bowl, whisk the egg until frothy.

**4** Heat coconut oil in a large skillet over medium-high heat.

**5** Dip each chicken finger into the egg to coat, then dredge in the flour mixture. Shake off excess flour and place in the hot oil. Repeat for remaining chicken fingers.

**6** Flip the chicken fingers to evenly brown on both sides, adjusting the heat as needed.

**7** When cooked through, remove fingers to a platter. Serve immediately with honey-mustard dipping sauce.

*Per serving: Calories 488; Total Fat 24g; Carbs 20g; Protein 38g; Sodium 1,072mg; Sugar 6g*



## Sweet Potato-Zucchini Puffs

### SERVES 4

*Looking for a way to get your family to eat more veggies? Our spin on the traditional tater tot is packed with fiber, beta-carotene, vitamin B6, and vitamin C. Serve with your favorite dipping sauces.*

- 2 medium sweet potatoes, baked, cooled, and peeled**
- 1½ cups zucchini, finely shredded and patted dry**
- ½ teaspoon garlic powder**
- ½ teaspoon onion powder**
- ½ teaspoon sea salt, divided**
- ½ cup almond flour**

- 1** Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
- 2** In a large bowl, mash sweet potatoes. Add zucchini, spices, and ¼ teaspoon of the salt. Mix until well combined.
- 3** In a small bowl, combine the almond flour with remaining ¼ teaspoon of salt.
- 4** Using your hands, form the vegetable mixture into small balls. Roll each ball in the almond flour and arrange on the baking sheet. Gently press each ball with your thumb, creating an indentation.
- 5** Bake for 20 minutes. Flip the puffs and continue baking for an additional 20 minutes or until golden brown.
- 6** Remove from the oven and cool slightly. Arrange on a platter and serve with ranch, honey-mustard, or other dipping sauces.

*Per serving: Calories 153; Total Fat 7g; Carbs 16g; Protein 5g; Sodium 184mg; Sugar 6g*

## Cauliflower Breadsticks

### SERVES 6

*As a great addition to an Italian meal or simply on their own, these grain-free “breadsticks” are just one more example proving that cauliflower can be used to create healthier versions of your favorite foods. Serve with marinara sauce, if desired, for dipping.*

- 1 head cauliflower, stalk removed**
- ½ cup almond flour**
- 1 teaspoon oregano**
- 1 teaspoon sea salt**
- ½ teaspoon garlic powder**
- 2 large eggs, lightly beaten**

- 1** Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
- 2** Break cauliflower into florets. Place in a food processor and pulse until fine.
- 3** Heat 1 inch of water in a saucepan.

**4** Transfer the cauliflower to a steamer basket and steam in saucepan for 7-10 minutes. Remove from the steamer basket and allow to cool.

**5** Spread the cauliflower on a dish towel and squeeze out any moisture.

**6** Combine the cauliflower with the remaining ingredients in a large bowl, stirring until well mixed. Transfer to the baking sheet and spread into a large ½-inch thick rectangle.

**7** Bake for 30 minutes (or longer for a crispier bread).

**8** Remove from oven and cool for 5 minutes. Slice into 1-inch breadsticks. Allow to cool completely before serving.

*Per serving: Calories 92; Total Fat 6.2g; Carbs 4.8g; Protein 5g; Sodium 352mg; Sugar 1.3g*



## Coconut-Chocolate Chip Cookie Bites

### SERVES 20

*These grain- and nut-free no-bake treats are the perfect way to satisfy your sweet tooth without the need for refined sugar.*

- ½ cup hulled pumpkin seeds**
- ½ cup mini semi-sweet chocolate chips**
- 1½ cups dates, pitted**
- Pinch sea salt**
- 2 tablespoons water**
- ¼ cup shredded coconut for rolling**

**1** Pour pumpkin seeds into the bowl of a food processor. Process until finely ground. Transfer seeds into a medium bowl and set aside.

**2** Place the dates into the empty food processor bowl. Process until dates are finely chopped and form a ball.

**3** Add the pumpkin seeds, chocolate chips, and sea salt to the food processor and process until all the ingredients are well mixed, scraping down the sides as needed.

**4** Remove the mixture to a clean bowl. Using clean, wet hands, form the date mixture into 2-inch balls. Place the balls on a parchment-lined baking sheet.

**5** Place the balls in the freezer for one hour. Meanwhile, spread the shredded coconut on a large plate. Remove the balls from the freezer and roll them in the coconut.

**6** Arrange on a clean plate and serve.

**7** Store leftovers in an air-tight container in the refrigerator for up to seven days.

*Per serving: Calories 202; Total Fat 4.7g; Carbs 40.9g; Protein 3.4g; Sodium 13mg; Sugar 34.3g*

