

GOÛT *ER*

A healthier twist
on snack time



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MEDICAL DISCLAIMER

Throughout the book, we will be advocating the use of certain types of foods that can be beneficial for a healthy and balanced system. However, if you have a diagnosed condition from your primary care physician contraindicating these foods, please avoid them.

All material provided in this book is intended for informational and/or educational purposes only. The content is not intended to be a substitution for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.

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To all children...for them to (re)discover the taste and pleasure of real homemade snacks!

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Introduction

Goûter means snack time in France.

The word *goûter* is rooted in the word *goût*, which means *taste* in French.

In this book, you'll find recipes that are **new twists on traditional snacks and meals**: more creative, healthier and with great new flavors.

All three of us authors are Integrative Nutrition Health Coaches, and above all we are three mums who want to provide the best nutrition to our families! This book has been shaped not only from our nutrition studies but also from our day-to-day experience twisting our own families' snacks.

Our approach to snack time can be summed up in three words: **easy, natural and balanced.**

Easy, because no one has time to spend hours preparing snack food on top of the other meals we eat at home. No complicated techniques or advanced cooking skills are required. In fact, most of our snacks can be prepared with the help of young children. You won't see exotic ingredients that are hard to find. All of our recipes can be made from the products you find in health-food stores. And we suggest replacements for most seasonal ingredients so that you can use what you have on hand.

Natural, because nature has the best of all ingredients to offer. And the closer ingredients are to their natural state, the easier it is for the body to digest and benefit from them. Anything you make from scratch at home will be more natural than any packaged snacks you buy in the store. One big difference is sugar. Store-bought snacks contain so much refined white sugar that kids and adults alike become addicted. The human body does not need that much in the way of sweets, and with gradual changes, you can get yourself (and your children) to prefer less-sweet snacks like the ones in this book.

Balanced, because our modern diet includes a high proportion of dairy, gluten and refined fats, hence the increase in food intolerance and allergies. Our recipes provide an

alternative to this diet, with protein in the form of nuts and legumes, healthy fats and naturally gluten-free flours made from rice, nuts or seeds. At the same time, by replacing store-bought snacks with homemade, healthier alternatives, you will improve the health of your family. You can include organic ingredients if you like and sneak extra fruits and vegetables into your daily intake.

A Note to the Reader

'Treat treats as treats.' - Michael Pollan¹

Thank you for reading this book!

We would like you to know that the recipes in this book are meant to get you **thinking out-of-the-box and are intended to be a twist on traditional snacks.**

They have a different texture, a different presentation and they certainly have a different flavor from what you are used to. Be flexible and have fun when discovering new flavors and consistencies!

We authors are from three different cultures (Italian, Mexican and American) and have all been living in France for quite a few years. Our closest community is made up of different cultural backgrounds, and of multi-cultural but mostly English-speaking families.

For this reason, you will find occasional references to French snacks and customs.

Nevertheless, this book is also suited for those of you who don't live in France but who want to twist their snacks and go beyond old eating habits.

We are honored to reach out **to parents all around the world who are striving to feed their families with natural home-made foods.**

Finally, please take into account that our recipes are modifiable, so how the snack comes out will vary depending on the ingredients that you choose. We suggest replacements for ingredients in each recipe, so your final product may look different from the picture in this book.

Serving sizes can also vary according to how you shape the snack or the size of the baking pan or muffin tin used.

For any questions or for further clarifications on recipes, method and techniques,

please write to us at goutersnack@gmail.com

1 *Food rule no. 60.* This is the first of a few quotes from Michael Pollan's book *Food Rules, An Eater's Manual*. Penguin, 2009. Michael Pollan is a well-known journalist, author, professor and a leading expert on food activism.

I

What is GOÛTer

GOÛTer is:

- a new way to look at snacks,
- a different way to prepare snacks,
- a book that provides a new approach to snacking.

Our aim is to inspire you with innovative ways to make snacks for your kids, families and friends. We do this by providing **recipes that are modifiable, with ingredients that can be easily replaced** with others to fit your food patterns and eating style.

How and when to use the recipes

How

We aim to provide you with a springboard to culinary creativity: not a set recipe to follow from A to Z.

Ours are not recipes in the traditional sense. They're a set of techniques & tips for parents who want to prepare a yummy treat that fits their nutritional needs, food preferences, budget and – above all – personal tastes.

The recipes you will find in this book can be tested and changed. They are meant to be worked and re-worked to find a good fit for you and your family.

When

The snacks included here are intended for **after-school snacks**. Depending on the culture you live in, the school they attend or the weekend activities they are enrolled in, your kids might be used to a **mid-morning snack** too. Some of the recipes are suited to morning snack-time as well.

Some of the snacks in this book can be eaten for **breakfast** and taken on **picnics** too! We have devoted one chapter to **savory snacks** because we believe that a snack doesn't

need to be sweet.

Finally, we invite you to serve them at **birthday parties, play-dates or on special occasions**: you will surprise your guests with new flavors and innovative treats!

Why this book

We are three mums, and we know that figuring out snacks for your kids is a top concern when it comes to daily meal planning.

We've had the opportunity to speak with lots of parents about snacking, and have found that many of us worry the current way of snacking can easily deviate from being healthy. Also, **there is an increasing awareness that pre-packaged, industrialized and refined snacks are packed with far too many unnecessary ingredients, additives, conservatives and sugars.**

As mums and playground regulars, we have swapped countless tips and recipes to feed our kids healthier options in between meals.

As Health Coaches, we have found that serving healthy snacks – along with breakfast – is one of the top three things parents want to address in order to bring change to their kitchens.

Hence the idea of **this book, a collection of inspirational ideas for all parents who want to put a new twist on snack time!**²

Bio-individuality

Our approach - and the one we refer to in this book - comes from the concept of bio-individuality, as it is taught at the Institute for Integrative Nutrition³ (IIN).

Drawing inspiration from Roger Williams' *Biochemical Individuality*, published in 1956, Joshua Rosenthal suggests taking into account your age, constitution, gender, lifestyle and ancestry when choosing your food and eating habits. Each of us has unique dietary and lifestyle needs and **one person's food may be another person's poison**; which is why fad diets tend to fail in the long term⁴.

We embrace the concept that there's **no one right diet that works for everyone all of the time**, and this book is not meant to support any particular food ideology, specific diet or food approach.

That said, you will find some recipes that are gluten-free, dairy-free and egg-free. We hope to provide new options for people who are sensitive to these foods and/or need to

remove them from their diet for a while.

Moreover, we are great supporters of diversification and flexibility: we think that introducing different ingredients in our snacks causes no harm and provides great exposure to new healthy flavors.

Bio-Individuality in our recipes

When you look at the recipes in this book, you will often find **substitutes for ingredients** in brackets: as we've said, we want to give people the ability to choose their own ingredients based on their eating style.

All suggested alternate ingredients have been tested by us, but you can change and adapt further if you find it necessary.

Local, seasonal, clean and real

'Eat foods made from ingredients that you can picture in their raw state or growing in nature' - Michael Pollan⁵

We suggest opting for the cleanest foods that you can find on the market. **An organic label alone is not a synonym for healthy:** for instance, you can buy an organic cereal bar that has been highly refined and contains an excess of sugars and other unnecessary ingredients!

We invite you to favor chemical-free products with ingredients that are locally sourced and in season. This approach by itself guarantees you higher quality and closer-to-nature food.

Therefore, in this book you will find a recipe for pumpkin cookies (*cf. Peanut Pumpkin Soft Scoops recipe*) that would be great if you vary it with the season. You can replace the mashed (cooked) pumpkin with mashed (raw or cooked) freshly-picked apricots if you leaf through this book in July. Or you can replace apples with blueberries, if you decide to make a *compote* in the summer (*cf. Fresh and Seasonal Fruit Compote recipe*).

2 As the authors currently live in France, you may find occasional references to the French culture and lifestyle, especially in regards to snacking habits.

3 The Institute for Integrative Nutrition is a training institute for health coaching and aims to improve health and happiness through food. For more info visit <http://www.integrativenutrition.com>

4 Integrative Nutrition, Feed Your Hunger for Health&Happiness. Joshua Rosenthal, Integrative Nutrition Publishing, 2013.

5 *Food rule no. 14.* Michael Pollan. *Food Rules, An Eater's Manual.* Penguin, 2009.

II

A bit of history on snack time

A “snack” is a small amount of food eaten between meals (cf. Merriam-Webster, cf. Cambridge).

In French-speaking countries, a light mid-afternoon meal is called a *goûter* or a *quatre heures*, in reference to the time when it is eaten. A *goûter* is usually taken in the afternoon and fills in the gap between lunch at noon and dinner. It is a simple meal that often consists of a piece of fruit, cookies, yogurt, or another snack along with juice, hot chocolate, coffee, or another beverage. In a confusing use of language, a *goûter* is also taken between breakfast and lunch (cf. Wikipedia).

What about snacks nowadays?

‘Don’t eat anything your great-grandmother wouldn’t recognize as food’
– Michael Pollan⁶

Whether during the morning school break or in the late afternoon after school, a sweet treat is something the current generation of children has gotten used to.

Up until the most recent few decades, sweet treats were requested – and served– once in a while. They were offered on special occasions, like Sunday lunches, birthday parties or holiday celebrations.

Nowadays the quantity of sugar-packed treats that go into our children’s bodies is much higher than it was a few decades ago. Eating habits have changed to such a degree that our children are now asking for – and getting - a sweet treat multiple times a day.



Real life stories

“During my primary school years, my snack consisted of a fruit along with a slice of bread with a spread of fresh cheese or home-made jam. Cakes were a Sunday treat,

but not every Sunday. I would have a tiny piece of *focaccia* (Italian savory baked good) as a special treat every once in a while. I would eat no more than one ice-cream a week during the summer. Special treats like walnuts or dried figs were also rare and very much appreciated! At Christmas we would have one *panettone* (Italian Christmas cake) for the whole family.”

Giovanna B., born 1946, Noli (SV), Italy.

“My snack was one or two slices of *pain d'épices* (a French cake similar to gingerbread) or a slice of bread and butter along with an apple. At weekends, my mum would make rice pudding or a *quatre-quart* (pound cake) as a special treat.”

Maryse De M., born 1947, Amiens, France.

“During our first years in Denmark, our snacks were *æggesnaps* (egg yolks with sugar and lemon). In the afternoons, we sometimes had an apple or bread (*franskbrød*) with butter, honey or jam. On special occasions we had a *pålægschokolade* (chocolate spread on bread). In Mexico we got an allowance with which we could buy our favorite Mexican candies but not every day. We ate chocolates on special occasions.”

Kirsten born 1943, and Helene born 1948, Danish sisters raised in Mexico.



Today, in France, just by watching kids after school you can get a pretty reliable sense of what the average children’s snacks are: a pack of packaged cookies (*petits gateaux*), a pre-packaged fruit purée (*compote*), a freshly-baked or pre-packaged pastry (*viennoiserie*) and for the old-fashioned ones a slice of bread with a spread of butter or jam (*tartine*). Often, the snack is accompanied by a packaged fruit juice or syrup-flavored water (*grenadine*).

The few environmentally-conscious folks opt for a packaged rice or almond milk along with a pack of organic packaged cookies (*petits gateaux bio*) and an actual apple or banana.

The facility of sourcing snacks from the shelves of a supermarket is the main driver behind the choice that we tend to make. We will explain how parents can reverse this tendency by just adopting new habits in choosing and preparing snacks for their kids.

Is there anything wrong with snacking?

No, there isn't!

Depending on your metabolic type and daily activity, snacking might even be essential: it provides a bridge between meals and gives your body energy. As it is associated with a break from work, study or other engagements, snacking has a rather comforting effect.

There is nothing implicitly wrong with snacking. It all comes down to **what and how we snack**.

By looking at the *Real Life Stories*, it is interesting to note the difference in quality and quantity between the previous generations' snacks and the contemporary ones.

The interviewees clearly indicate that their snack was basic, simple, not necessarily sweet, and pretty much the same every day. A sweet treat was really seen as a celebratory event and it was very welcomed and appreciated.



Real life stories

“I remember eating a slice of bread with fresh tomato and a drizzle of oil on it for my snack during the summer.”

Clara B., born 1949, Noli (SV), Italy.

“Looking back, I have fond memories of my grandmother making tea eggs and dumplings as an after school snack. Almost always, snacks were hot savory foods like fried rice or noodles made with whatever was left over from earlier meals in the day. We often ate dinner late because of my parents' working schedules, so these snacks held us over until then.”

Cora H., born 1970, Chinese born and raised in Vancouver, Canada.

“When I was a child, for snack I was given a slice of bread fresh from the bakery with butter on top, and a piece of fruit. On special occasions, my mother baked almond crescent cookies, which we all loved.”

Dianne E., born 1944, NY, USA.



What we eat – empty calories

It seems that one of the biggest problems for parents today is finding the time to cook and prepare food. With snacks in particular, the easiest and fastest solution is to fill up the pantry with packaged cookies, juices and other goodies so that they are handy and ‘practical’ to slip into school bags.

Pre-packaged foods are a source of controversy as they deliver empty calories and are loaded with sugars, fats, conservatives, additives and other hidden ingredients. Many studies show that the consumption of packaged food on a regular basis can increase the risk of obesity, chronic diseases and behavioral problems.⁷ Much of the sugars consumed today are “hidden” in processed foods not usually considered sweet.

If snacking implies putting unhealthy foods into your body daily, you may want to consider reversing the packaged-snacks habit and thinking about healthier alternatives.

How we eat - mindless snacking

‘Eat when you are hungry, not when you are bored.’ – Michael Pollan⁸

Mindless eating has – unfortunately - become very common: children in particular may literally gobble their snack in a few seconds without paying any attention to what they have been eating. Sometimes they seem more concerned with finishing a packaged snack than savoring what they are eating. The result is that they will ask for more and more!

This is why many people overeat – they unthinkingly munch on what’s in front of them regardless of what it is, the portion size or if they’re even hungry⁹.

Take-home tips:

Re-think your snacks and your kids’ snacks by keeping your pantry free of industrial pre-packaged cookies and sweets.

Create awareness at snack time: get your kids to focus on what they are eating.

The 3-step method

As with most things, to change a behavior you need to reverse the habit related to that behavior. Not effortless at the beginning, but very rewarding after a few attempts: you will soon find yourself with new and healthy snacking patterns that were easy to put in place.

In this book, you will find information, advice and the tools to prepare a healthy snack with your own hands quickly and easily. After reading and with a little practice, you will be inspired to continue on the path by yourself, digging into your own creativity.

Our 3-step method can be followed in this order or you can start by picking one of the three and then jumping to another one of your choice. We suggest you start with the one that looks easiest for you to follow, so that you gain confidence from the start

and are motivated to continue with the other steps.

1. Simplify

Try as much as you can to **snack on simple things**, which are easy to prepare and are not heavy on your digestive system. As parents, we have turned to pre-packaged snacks for their convenience, but we can obtain the same result with real foods.

Fruits are an ideal choice for a snack as they are full of natural sugars and fiber. Additionally, fruits hydrate as they contain a significant amount of water.

You can pair them with a small handful of nuts (i.e. roasted almonds) and/or seeds (i.e. sunflower seeds), and/or dried fruit (i.e. raisins).

This is a very simple and natural snack, which requires no preparation and can be slipped into your child's school bag.

Vegetables like carrot sticks also work well as a snack. During warmer months in particular, you can serve cucumbers, tomatoes, radishes, and other seasonal veggies.

Back to basics: re-discover foods in their original form. For example, if there are no nut allergies in your family, buy peanuts in their shells and serve them as a protein-packed snack. Kids love un-shelling peanuts, and the same goes for walnuts and hazelnuts: let your kids crack the shell themselves and they will discover these rich and fresh flavors.

Take-home tip:

The simplification process will not happen overnight. Be patient and allow your kids time to transition to healthier options.

2. Bake & save

'If you have the space, buy a freezer.' - Michael Pollan¹⁰

If you think that fruits and nuts are not enough for your kids and/or you want to alternate with some baked foods, try baking them yourself and follow a few smart techniques:

Bake over the weekend and **double the dose** of your favorite recipe (make two cakes instead of one or make 24 muffins instead of 12!). This will cover a whole week of snacks. We recommend storing them in the fridge to preserve freshness. You can also freeze a few of them in single portions that will come in handy if you don't want, or

don't have the time, to bake the following weekend.

If frozen, let them thaw at room temperature until snack time. Or if you are in a hurry, warm them up in the toaster.

Ever thought of **no-bake snacks**? Start now and follow our recipes (*cf. Easiest Hazelnut Bars* or *Choco-topped Bars recipes*) to see how easy it can be to prepare a snack that doesn't need to go in the oven.

Store smartly. Don't eat your baked goods all at once! Get into the habit of freezing some of your snacks. You will find it very handy when pressed for time. In fact, you can thaw a muffin or a cookie or a slice of cake for your kids' snack on a regular basis.

3. Re-discover natural, whole and real

'Cook.' – Michael Pollan¹¹

By baking your own snacks, you will be able to choose and manage the ingredients. **Our tips for healthier baking** include the following:

Use whole-wheat flour instead of white flour, as it contains the most nutritious parts of the wheat. You may want to experiment with other flours, like spelt, buckwheat and rye (they also have less gluten than wheat flour).

Avoid white sugar and use alternatives like raw brown sugar, coconut sugar, raw honey, maple syrup, coconut syrup.

Do-It-Yourself (DIY): some foods are really easy to prepare, even if we're used to buying the packaged version. For example, make your own popcorn to avoid unwanted additional ingredients. It only takes few minutes to pop corn kernels in a pan (*cf. 5-Minute Popcorn recipe*). Make a double dose: you can eat some straight from the pan and store the rest in a glass container for the next day (it's easy to pack in your child's snack box).

Halve the dose of sugar suggested in traditional baking books' recipes, and swap in other sweeteners.

Use naturally sweet foods like dates, raisins, dried apricots, prunes, grated apples, pear purees and mashed bananas: they are an excellent way to add sweetness (and moisture) to your cakes.

Add spices like cinnamon, vanilla and cardamom: another way to enhance sweetness!

Use real ingredients. Instead of using a ready-to-use cake mix, buy the ingredients separately to avoid unwanted additives.

Take-home tips:

Be gentle with yourself: it may take time and effort to get into the rhythm of preparing snacks from scratch, but it shouldn't add stress to your life. If you need to fall back on a pre-packaged bag of cookies once in a while, just do it without any guilt!

You may want to keep a few packaged snacks in your pantry as a backup. The good news is that if you start giving your children homemade, freshly-prepared breakfasts and snacks, you will get so used to the difference in flavor that your reliance on those packaged snacks will automatically decrease over time.



Real life stories

“I grew up in a small town in the north of Mexico. As a kid I don't remember eating snacks very often. We had 3 good meals: breakfast, lunch and dinner. Our father cultivated our land (we grew cotton, beans, chickpeas, etc.). The time of the year when chickpeas were in season, we used to get them from the plant and roast them in the fire: it was one of our favorite occasional snacks. The other favorite snack was grilled corn that we ate with lemon and salt.”

Elias V., born 1938, San Miguel Zapotitlan, Mexico.

“My children have eaten *daikon* sticks as a snack starting from when they were toddlers. I wanted them to be exposed to different flavors, in particular the bitter one, which is healthy for liver functionality.”

Naoko H., born 1973, Tokyo, Japan.



5 solutions for twisting your snacks

1) Start with water! This is particularly true for kids after a day at school, where they

are not usually motivated to drink and re-hydrate.

If you need to make the transition from the usual *grenadine* drink¹² or packaged fruit juice, you can flavor your water with a few drops of fresh lemon or orange. You can even prepare **flavored water** by pouring boiling water over herbs (mint, rosemary, ginger or lemon), letting it cool and storing it in a glass jar in the fridge for up to two days. You can also add a few slices of cucumber or fresh mint leaves to your water jug.

Some kids may be used to soda, and it will take some time to shift to water. Just be patient: reduce the amount of soda gradually, and replace it with flavored water.

2) Be generous with fresh seasonal fruits and veggies. Most fruits are easy to eat without a knife. Wash them well and use a veggie brush if needed so that you don't have to peel them. Be creative: a kiwi fruit can be eaten skin-on (the little kiwi-fruit hairs are said to be a great broom for our intestines!) and cucumbers can be a refreshing snack during the summer!

3) Discover healthy fats: nuts and seeds.¹³ Buy in bulk and keep your favorite nuts and seeds handy in glass jars. That way it's easy to grab a handful to put into a snack box.

4) Use natural sweets: dried fruits like raisins, prunes, apricots, figs, dates, etc. Children can really fall in love with these quickly- and easily-eaten sweets. But beware, and control the quantity: they contain natural sugars, which are sugars all the same. And they are very high in calories, so use them in moderation.

5) Indulge in chocolate, preferably dark chocolate. Chocolate is a good way to give your child a treat, and it has non-negligible nutritional benefits, yet keep it as a treat! For healthier choices on cacao and chocolate, read below.

Take-home tips:

A piece of bread along with dark chocolate, a fresh fruit and a glass of water is an easy-to-pack and yummy snack if they have an athletic activity after school.

Think outside-of-the-box. What about exposing your child to savory snacks? Ever thought of using left-overs from dinner? A couple of spoons of hummus on a piece of bread can become a snack too, along with fresh fruit. A slice of quiche from last night's dinner is another great option.

Our basic ingredients

To prepare the recipes in this book, you might need to clean out your cupboard and make space for some new ingredients. Listed below is what we use frequently and try to always have on hand. We suggest you start by experimenting, just a few recipes at a time, and little by little adapt your food stock.

All the ingredients listed below can be found at any organic grocery store and in several supermarkets.

Seasonal Fruit and Vegetables

BEANS (black or white beans, chickpeas, etc.)

NUTS and SEEDS (walnuts, almonds, hazelnuts, peanuts, cashew nuts, pumpkin seeds, sunflower seeds, sesame, flax and chia seeds)

NUT BUTTERS (almond butter, peanut butter, tahini)

NON-DAIRY MILKS (almond milk, rice milk, oat milk, coconut milk)

WHOLE FLOURS (whole-wheat flour and semi-whole wheat flour, spelt flour, rye flour, buckwheat flour, brown rice flour, corn flour, coconut flour, chickpea flour, potato starch, corn starch)

OTHER “FLOURS” (ground almonds, ground hazelnuts, desiccated coconut)

FLAKES (oat flakes, buckwheat flakes, quinoa flakes, millet flakes)

FATS (coconut oil, extra-virgin olive oil, raw butter, ghee)

DAIRY (raw milk¹⁴, raw butter, natural yogurt, cheese) and **EGGS**

CAROB POWDER, CACAO POWDER and DARK CHOCOLATE

SPICES (cinnamon powder, cinnamon sticks, vanilla powder, vanilla pods, cardamom, star anise, cloves, pumpkin pie spice or allspice (*quatre épices*))

SWEETENERS (coconut sugar, raw honey, pure maple syrup, brown sugar)

CONDIMENTS (fresh and dried herbs, sea salt, pepper, baking powder, baking soda)

LEFT-OVERS (pulp from juice extraction¹⁵, pulp from nut-milk making¹⁶, over-ripe bananas, mashed pumpkin, pureed beans, cooked beets, orange and lemon zest).



READY TO EMBARK ON THE GOÛTER ADVENTURE BUT WONDERING WHERE TO START?

Don't buy all of the suggested ingredients all at once. You might feel overwhelmed and lost if you are not used to these kinds of products. We suggest the following:

- 1. Choose the recipe you like the most;*
- 2. Buy the ingredients required for that recipe;*
- 3. Experiment with your chosen recipe and get comfortable with it by making it two or three times, making your own adjustments if needed;*
- 4. Once you are familiar with the first one, choose another recipe and buy the*

- ingredients for it;*
5. *Little by little you will find yourself adding new ingredients to your pantry and getting familiar with each of them.*

With a little patience, you will achieve the positive change you want to bring to your kitchen!



Guidelines on how to use the ingredients

Whether you have a lot of experience in the kitchen or none at all, today is the day to experiment with your first *GOÛTer* recipe. The simplicity of the ingredients and the easy-to-follow steps will make it easy for you to get started.

Below you will find some notes on the ingredients that we use. Please take a moment to read these guidelines before you start. It will help you make your own choices and adapt the recipes to your needs.

Local, organic and seasonal products:

We recommend buying chemical-free, local and seasonal ingredients when possible.

Local producers found at open-air markets are one way to get good-quality products in season for a good price.

Remember: always follow your own intuition and budget. Do what works best for you and your family.

Sweeteners:

As far as how much sweetener you use, our policy is to use the minimum amount that our families are willing to accept.

In our recipes, we suggest a range of sweetener that goes from the lowest point that was acceptable for us to the highest that should be acceptable for you.

If you are used to very sweet snacks, we suggest you start with a relatively large amount and decrease little by little. It might take months, but at least you will trigger a healthy curve.

We strictly avoid white sugar and we invite you to replace it with the following alternatives: unrefined and unprocessed forms of cane sugar (like Sucanat, Panela, Muscovado, Rapadura), raw honey, maple syrup, coconut sugar, coconut syrup, molasses, agave nectar, stevia, brown rice syrup, date syrup.

Instead of telling you what to avoid, here are the strong points of some sweeteners that we use with less guilt:

Coconut sugar has the lowest glycemic index¹⁷.

Molasses has the highest mineral content (iron, calcium, magnesium, potassium).

Un-refined and antibiotic-free honeys have enzymes and a few minerals. Some are also immune-system strengtheners, like Manuka honey.

Flours:

We suggest avoiding refined and bleached flours. We prefer whole-wheat or semi-whole-wheat flours, and we suggest introducing spelt and rye flours, rich in flavor and fibers. If you are gluten intolerant, we recommend naturally gluten-free flours like buckwheat, corn and rice flours.

We also like to replace flour with oat, buckwheat or quinoa flakes, which results in interesting changes in texture.

Sometimes we enjoy experimenting with flourless cakes to get a texture that is more chewy and gooey (*cf. Tahini Banana Muffins recipe*).

Eggs:

We recommend using organic or farm-fresh eggs when possible.

With regards to eggs, we want to make it possible for those of you following a vegan diet to prepare our snacks, so we have included recipes that replace eggs with nut butters, yogurt or chickpea flour. In addition, a mix of chia or flax seeds and water can serve as a substitute for eggs.

Take-home tip:

Egg alternative: 1 egg can be replaced by mixing 1 tablespoon of chia seeds with about 4 tablespoons of water.

Fats:

As for fats, we go with the purest, most un-refined ones. We avoid margarine and RBD (refined, bleached and deodorized) coconut oil. Instead we opt for raw butter¹⁸ and for un-refined virgin coconut oil.

Ghee (clarified butter) is also a good option, especially if you are lactose-intolerant because the quantity of lactose in ghee is lower than in butter, thanks to the clarification process.

If you want to avoid dairy and you don't like coconut, you can opt for another vegetable oil appropriate for cooking.

Cacao and chocolate:

In many of the recipes we use cacao powder, which comes from cacao beans that have been crushed and pulverized. It is important to choose one without other added ingredients like sugar, oil or milk. Please take a moment to check the ingredient list to make sure that there is only one ingredient: cacao.

For the recipes that contain dark chocolate, we recommend using 70% chocolate or higher.

If you are used to sweeter versions of dark chocolate or milk chocolate, you can make the transition from ordinary milk chocolate to darker ones by increasing the percentage gradually (go from 40% to 50%, 60% up to 85%).

Remember: it's only a question of re-educating taste buds and you will twist your chocolate snack into a less sweet option with little effort!

Essential techniques

Baking

Some of our recipes don't require any baking or cooking (*cf. Kid-friendly Chia Pudding, Yogurt-on-the-go, Easiest Hazelnut Bars, Choco Bites, Choco-topped Bars, Summer Freeze*). Others are cooked on the stove (*cf. Fruit Compote, Choco Coco Mousse, 5-minute Pop Corn, Buckwheat Pancakes, Chocolicious Banana Pops*).

The rest are baked in the oven. Depending on your oven, you may need to adjust the suggested oven temperature or the baking time.

Freezing

Many of our snacks can easily be frozen, such as cookies, biscuits, cakes and muffins. Feel free to freeze your snacks when *Freezable* is mentioned below the recipe title. Freezing can be a very helpful time-saver as discussed above (*cf. Bake & Save* chapter).

Some ingredients can also be frozen beforehand: ripe bananas, bean puree, pumpkin and sweet potato puree. You can also freeze the nut pulp from nut-milk making and the fruit pulp from your juice extractions!

Please be aware that you cannot refreeze a cake, cookie, biscuit or muffin that has been prepared with an ingredient that was previously frozen!

Take-home tips:

Freeze your bananas by peeling them and keeping them in a sealed container in the freezer. Always handy for the Summer Freeze recipe. Insert a lollipop stick or a chopstick into banana pieces and freeze them, they will be ready for the Chocolicious Banana Pops recipe.

Lemon and orange zest: wash the citrus fruit, pat dry and grate the skin avoiding the inner white part. Place the zest in a glass container or ice cube trays in the freezer. When you'd like to use it, scrape away the desired amount with a fork and put the container back in the freezer.

Abbreviations

Tablespoon = Tbsp

Teaspoon = Tsp

Grams = g

7 “Guideline: sugars intake for adults and children”, WHO (World Health Organization), April 2015.

8 *Food rule no. 47.* Michael Pollan. *Food Rules, An Eater’s Manual.* Penguin, 2009.

9 *The Good Parenting Food Guide.* J. Ogden, Wiley Blackwell, 2014.

10 *Food rule no. 28.* Michael Pollan. *Food Rules, An Eater’s Manual.* Penguin, 2009.

11 *Food rule no. 63.* Michael Pollan. *Food Rules, An Eater’s Manual.* Penguin, 2009.

12 *Grenadine* is often served to kids and is made up of water flavored with syrup.

13 Nuts, seeds and grains contain phytic acid, which naturally binds with important minerals such as iron, calcium and zinc. To increase these nutrients’ availability and to avoid mineral deficiency, it’s recommended to soak your nuts, seeds and grains for a few hours before consumption.

14 Depending on the country you live in, you might not be able to find raw milk (non-pasteurized milk). Nevertheless, in some countries like France, it is becoming more and more common to buy raw milk at organic grocery shops. Even if it lasts for just a few days, it can be a good choice to get the best nutrients from this food and it carries the forgotten flavor of real milk. If you are not able to find raw milk, feel free to use fresh pasteurized whole milk.

15 If you have a juice extractor, you probably know how much fruit pulp is left over every time you prepare a juice! Don’t throw it away: you can re-use it, as suggested in the *Buckwheat Pancakes* recipe. You can also store it in the fridge for up to 2 days or in the freezer for about one month.

16 If you have never tried to make your own nut milk, now’s the time to start, because it is very easy and the flavor is addicting! Follow our bonus recipe on how to make your own *Almond Milk (same page as the Cashew Madeleines recipe)*.

17 Agave nectar also has a low glycemic index, but the most recent research has made it a controversial ingredient due to its high fructose content.

18 Depending on the country you live in, you might not be able to find raw butter (derived from non-pasteurized cream). Should this be the case, feel free to use regular butter.

Recipes



Fresh and Seasonal Fruit *Compote*

No dairy. No gluten. No added sugar. No eggs. No bake. Freezable.

Makes: 10-12 pots

Apple compote (applesauce in English) is one of the most popular afternoon snacks in France. Unfortunately, pre-packaged versions are often preferred over fresh homemade ones for convenience reasons.

Here we'll show you how a do-it-yourself *compote* can be one of the simplest things to prepare! Your kids can help too, and they might steal some pieces of fruit while you're chopping, which is not bad at all!

Compote is easy to store, so you can make a large amount, divide it into small glass jars and store in the fridge or freezer to be consumed at your convenience.



Ingredients

10 apples

2 cinnamon sticks or 2 tbsp cinnamon powder

1 tsp vanilla, cardamom, star anise or cloves (or any other favorite spice)

Method

1. Chop the apples into pieces and place into a large pot with 2 to 4 tablespoons of water (depending on the consistency you like and the type of apples you are using).
2. Add cinnamon, a pinch of vanilla and/or any other spice.
3. Let it simmer gently for about 10 to 20 minutes.
4. The consistency can be adapted to your preference by adding more water or by chopping the apples into thinner pieces. If you prefer smooth applesauce, you can blend it when it's ready (in this case, remember to remove the cinnamon sticks before blending).
5. Let it cool down and pour the compote into one big glass jar or several little ones. Store the jars in the fridge for maximum 4 days or in the freezer for a longer period.



TIPS:

Serving suggestions:

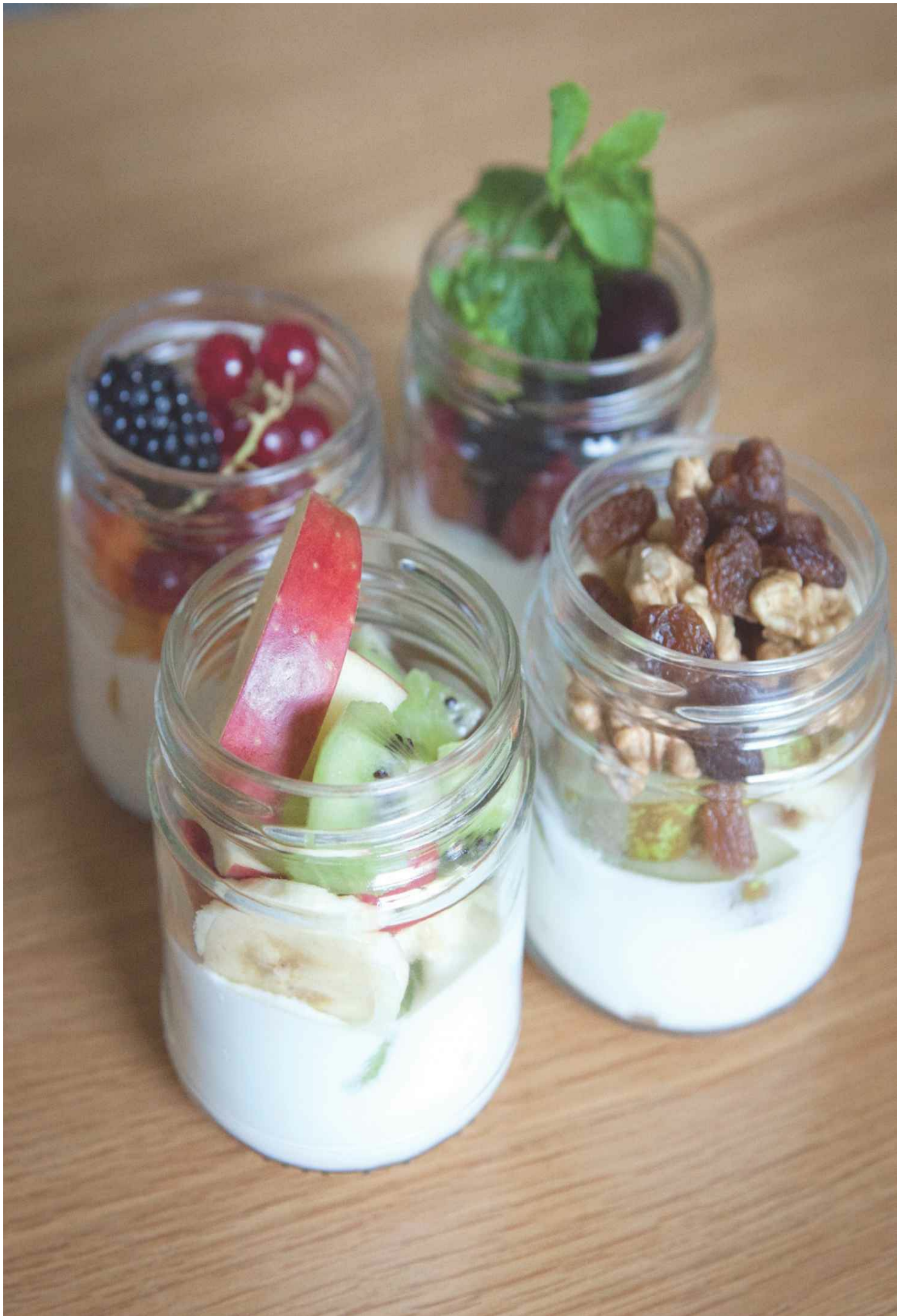
Eat for breakfast along with yogurt.

Eat as a dessert, with some grated chocolate on top.

Eat as an afternoon snack with a sprinkle of nuts or dried berries on top.

Seasonal alternatives:

You can prepare a *compote* with any kind of fruit, such as pears, berries, peaches, apricots, rhubarb, figs, or grapes. Any seasonal fruit will work, and you can even combine different fruits into one *compote*!



Yogurt On-The-Go

No gluten. No eggs. No bake. No added sugar.

Makes: one serving

A simple and wholesome snack that can be tailored to anyone's preferences. Instead of buying an already-flavored yogurt, let your children use their creativity to customize their snacks starting from a plain yogurt and a variety of healthy toppings!



Ingredients

1 pot of natural plain yogurt

Toppings (choose one or more)

Seasonal fruit in bite-sized pieces

Oatmeal flakes (or gluten-free flakes)

Cacao powder or grated dark chocolate

Chopped nuts or dried fruits

Method

1. Empty one container of plain organic yogurt into a small container.
2. Sprinkle with seasonal fruit or your favorite toppings and pack it to go.



TIPS:

This is a great way to add variety according to how you feel, the time of day and the season!

Prepare the *yogurt on-the-go* as a yummy snack: use an air-tight container so it's easy to carry around before snack time. In warmer weather you will need an insulated bag to carry your yogurt snack.



Kid-Friendly Chia Pudding

No dairy. No gluten. No flour. No added sugar. No eggs. No bake.

Makes: one serving

Chia has become one of the trendiest seeds at the moment, thanks to its nutritional power! High in protein and fiber, they can work as a great snack or as an energizing breakfast. Let your children take part in the preparation so that you are sure they'll also enjoy the benefits of this omega-3 packed super food!

Our kids' favorite: preparing their bowl of chia the night before and switching toppings each morning, following their gut!



Ingredients

2 tbsp chia seeds

100 to 200 ml non-dairy milk

Toppings (choose one or more):

Seasonal fruit in bite-sized pieces

Cacao powder or grated dark chocolate

Chopped nuts or dried fruit

Shredded coconut

Sesame seeds, ground

Maple syrup or honey (optional)

Method

1. Pour chia seeds into a bowl or a glass jar with a lid (if you want to take this snack to go).
2. Add non-dairy milk and mix with a spoon. Wait 3-5 minutes and mix again: you will see the seeds starting to absorb the liquid and the pudding becoming thicker and jelly-like. Wait 5 more minutes and mix again. Your pudding is ready to be seasoned (and eaten!) with any of the ingredients of your choice.
3. You can prepare the pudding the night before and add the toppings just before eating.



TIPS:

Adapt the quantity of milk according to the thickness you want to obtain.

If you run out of milk, you can use water to prepare the pudding: make it sweeter with a touch of maple syrup or honey!



Coconut Prune Squares

No added sugar. No gluten. No flour. Freezable.

Makes: 9 squares

A yummy snack with a mild flavor, a soft texture and no need for additional sugar, thanks to the prunes that work as a natural sweetener!



Ingredients

200 g dried prunes
150 g desiccated coconut (or almond powder)
3 tbsp butter (or coconut oil)
2 eggs
1 tsp baking powder
½ tsp vanilla

Method

1. Pit the prunes and place them in a pot; cover with water and let simmer until the prunes are soft and the water almost completely absorbed. Let cool and mix with an immersion blender to obtain a smooth cream.
2. Melt butter and let it cool. Separate the egg whites and whisk them well. In a separate bowl place coconut, baking powder, vanilla and then add egg yolks, melted butter and prune cream.
3. Add the egg whites. Mix gently.
4. Pour into a baking tin (here 20x20 cm) and bake for 20 to 30 minutes at 180°C.
5. Cut into squares and serve.



TIPS:

If you don't like coconut, replace it with almond powder.

You can make this recipe into muffins, too!

Store the squares in the fridge for up to 4 days. You can also store in the freezer for longer: in that case, remove them in the morning before school so that they will de-

freeze before morning snack time (they will be ready to eat by 10am!).



Peanut Pumpkin Soft Scoops

No eggs. No gluten. No dairy.

Makes: about 18 scoops.

A perfect blend for pumpkin & peanut lovers and a must for those who want a vegan treat!



Ingredients

300 g cooked pumpkin (steamed or roasted)
120 g peanut butter (or any nut butter)
50-60 g coconut sugar (cf. intro for alternatives)
100 g rice flour
50 g peanuts, chopped (optional)
1 tbsp cinnamon

Method

1. Mash or purée the cooked pumpkin to obtain a smooth cream.
2. When the pumpkin is still warm, add peanut butter and sugar and mix well.
3. Add flour and cinnamon.
4. For a crunchy texture, add chopped peanuts.
5. Using a tablespoon, scoop the mixture onto a baking tray, previously greased or covered with parchment paper.
6. Bake for about 20 minutes at 180°C.



TIPS:

You can spoon the batter into mini-muffin tins.
You can use chocolate pieces instead of peanuts.



Chickpea Cookies

No gluten. No dairy. No eggs. Freezable.

Makes: 12 to 15 cookies

Another out-of-the-ordinary snack. As you experiment with different textures and flavor combinations, you will find yourself more drawn to one type of dessert or another, depending on the season, your energy levels and what is going on in your personal life. Be open minded as you try these cookies filled with flavor and comfort.



Ingredients

160 g chickpeas (cooked and rinsed - canned chickpeas work too!)
4 tbsp almond butter (or any other nut or seed butter)
4 tbsp maple syrup
2 *Medjool* dates, pitted
50 g buckwheat flakes (or oat flakes)
50 to 70 g dark chocolate, finely chopped
1 tsp baking powder
1 tsp cinnamon (or vanilla or cardamom)

Method

1. Grind the flakes in a food processor.
2. Pour in the chickpeas, almond butter, maple syrup, dates, baking powder and cinnamon and mix well also using the food processor. Add chocolate chip pieces (at this point, you can harden the batter by refrigerating it for 30 minutes).
3. Use a tablespoon to drop the batter onto a pre-greased or parchment-lined baking tray.
4. Bake at 180°C for 15 minutes, or until you see the cookies are a little brown on top and on their underside.



TIPS:

The consistency of the batter will depend on the type of chickpeas and almond butter you

use. If you feel the batter is a little wet, you can place it in the fridge before adding the chocolate chips.

After the cookies are cooled down, you can freeze them for later, use them in a lunch box, or serve for an afternoon *goûter*.



Bean Chia Cookies

No gluten. No eggs. Freezable.

Makes: 12 to 15 cookies

These cookies are rich in flavor and have an original texture. The combination of the beans and chia along with the sweetness of the vanilla make these cookies a great afternoon treat. A true twist on snack time!



Ingredients

180 g cooked black beans (or other types of beans)
60 g muscovado sugar
30 g butter, melted
2 tbsp almond butter
20 g carob powder (or cacao powder)
1 tbsp chia seeds
1 tbsp baking powder
pinch of sea salt
pinch of vanilla powder (optional)

Method

1. Mix beans with a hand blender or food processor, add a little bit of liquid if necessary.
2. Add all ingredients and mix well. If you are using a food processor, don't process the chia seeds but set them to the side and add them to the batter after processing.
3. Spoon the mixture onto a pre-greased or parchment-lined baking tray.
4. Cook for 20 minutes at 180°C.



TIPS:

As with the previous recipe, depending of the type of beans and the type of nut butter you use, there might be differences in texture in the batter. If you feel the batter is too dry, you can add a little bit of water. If the batter is a little wet, you can place the mix in

the fridge for 30 minutes. Just know that there can be differences in consistency depending on the ingredients.



Easiest Hazelnut Bars

No dairy. No gluten. No flour. No added sugar. No bake. Freezable.

Makes: 8 to 10 bars

We love cereal bars and so do our kids, so we need a recipe that we can make over and over again! This is not only fast -because it doesn't require baking- but is also super easy. Our kids' favorite: gobbling two bars before sports practice and licking their fingers!



Ingredients

100 g date paste (or whole dates)
80 g ground hazelnuts
100 g buckwheat flakes (or oat flakes)
2 tbsp almond butter
40 g coconut oil

Method

1. In a bowl, mix date paste with ground hazelnuts and flakes (if you are using whole pitted dates, you'll need to blend them to obtain a paste before adding hazelnuts and flakes).
2. Melt the coconut oil and pour on the dry mixture while warm, so that it helps the dry ingredients to mix. Add the nut butter and mix well with your hands to obtain a soft dough.
3. Put the dough into a tin (here a 20x20 baking tray) covered with more baking paper than necessary. Level the dough with a spatula and cover it with the rest of baking paper, then place in the freezer for about a half hour.
4. Remove from freezer and slice the flattened dough into rectangular or square bars. You can store these bars in the fridge for about 4 days or in the freezer for longer.



TIPS:

You may have come across dozens of bar recipes without knowing which one to choose.

We suggest trying this one as a springboard to creativity and swapping in your favorite ingredients.

Play around with different types of the 4 main ingredients: dried fruit, nuts, cereal flakes and a nut butter. The coconut oil will allow you to work the ingredients together.



Tahini Banana Muffins

No gluten. No dairy. No added sugar. No flour. Freezable.

Makes: about 12 muffins

These muffins are easy to make and very original. There is no flour needed and the consistency is perfect for breakfast or an afternoon snack.



Ingredients

120 g tahini (or almond or peanut butter)
2 bananas
2 eggs
80 g date paste (or 80 g pitted dates)
1 tsp baking powder

Method

1. Mash bananas with a fork. Add tahini and date paste. If you don't have date paste, mix your pitted dates for 30/40 seconds in a food processor to obtain a paste. If the date paste is too thick for mixing with a fork, use a hand blender.
2. Beat the eggs and add to the batter. Add baking powder and mix well.
3. Spoon into muffin tins.
4. Bake for 20 to 30 minutes at 190°C. The muffins should be firm and lightly golden.



TIPS:

These muffins keep very well in the fridge, and the flavor and texture are enhanced the following day.

For chunkier muffins, you can add one chopped date while mixing ingredients. If you prefer your muffins completely smooth, use a food processor to blend the ingredients before spooning the batter into the tins.



Sweet Potato Cookies

No gluten. No dairy. No eggs.

Makes: 26 cookies

These soft cookies, filled with sweet potato puree, will be a new favorite for pumpkin pie lovers and more portable than a slice of pie! If you are not so crazy about pumpkin pie spice (or the French alternative, *quatre épices*), you can substitute cinnamon instead.



Ingredients

100 g quinoa flakes (oat or buckwheat flakes)
100 g almond, ground
120 g rice flour
60-80 g maple syrup (or any other liquid sweetener)
220 g mashed, cooked sweet potato
2 tbsp coconut oil (or butter)
30 g pumpkin seeds (optional)
1 tsp pumpkin pie spice (or *quatre épices*)
1 pinch salt
½ tsp of baking powder

Method

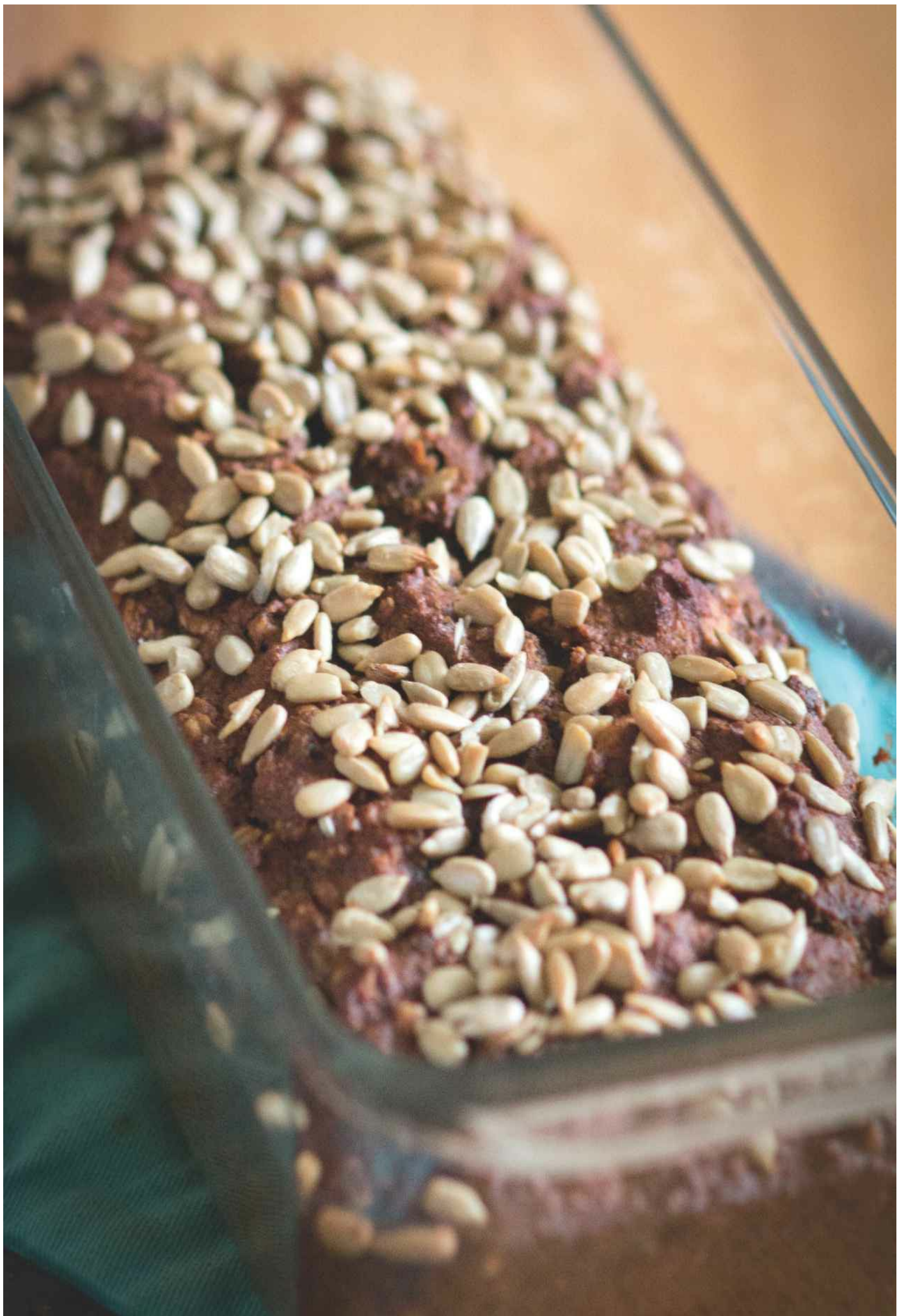
1. In one bowl, whisk together the dry ingredients.
2. In another bowl, mix the wet ingredients with a fork.
3. Combine wet and dry ingredients, stir in the pumpkin seeds and mix well.
4. Scoop the dough into little balls and place them on a pre-greased baking sheet. If you prefer crispier cookies, flatten them with your hands or a fork.
5. Bake for 15 to 25 minutes at 180°C until lightly browned.



TIPS:

To make these cookies an even more delectable treat, you can stir in chopped dark chocolate.

Opt for this recipe if you need inspiration for your Christmas parties!



Sunflower Banana Bread

No gluten. No dairy. Freezable.

Makes: 6 to 8 slices.

A banana bread packed with nuts and seeds that serves as a perfect tea-time bread or as a breakfast on special occasions.



Ingredients

100 g rice flour (or any flour)
100 g nuts and seeds (walnuts, hazelnuts, pumpkin seeds, sunflower seeds),
ground
3 tbsp almonds (or desiccated coconut)
4 tbsp flaxseeds (or sesame seeds)
3 tbsp carob powder (or cacao powder)
1 tsp baking powder
80 g coconut oil (or butter)
1 egg (or 125 g yogurt)
2 very ripe bananas, mashed
40 g honey

Method

1. Grind almonds and flaxseeds finely and put aside. Grind nuts and seeds (grind coarsely if you prefer a crunchier texture).
2. Mix the dry ingredients in a bowl. Melt coconut oil and let it cool.
3. In a separate bowl slightly beat the egg, then add melted coconut oil, honey and mashed bananas.
4. Stir the wet ingredients into the dry ingredients and mix well. Pour into a baking tray (25x14 cm here) and sprinkle with sunflower seeds.
5. Bake at 180°C for about 30 minutes.



TIPS:

If you don't have almond or coconut, replace it with more nuts or seeds.

If you want to skip the egg, you can, but the bread will be less dense.

You can use another liquid sweetener in the place of honey (*cf. introduction*) to keep the right consistency of the bread.



Choco Bites

No gluten. No dairy. No eggs. No added sugar. No bake. Freezable.

Makes: 24 bites

The perfect treat for any festive occasion! Also good as a special afternoon snack. Easy to pack and transport.



Ingredients

150 g date paste
150 g almond powder
150 g dark chocolate

Toppings (choose one or more)

Desiccated coconut
Sesame seeds
Cacao powder
Matcha powder

Method

1. Mix date paste and almond powder in a bowl. Melt chocolate and pour over date and almond mixture when still warm. Mix with your hands.
2. Make little balls of dough with your hands.
3. Roll the balls in your favorite ingredient, for example coconut, sesame seeds or cocoa powder.



TIPS:

You can prepare the bites in advance: in this case, freeze them before rolling in the topping. When you are ready to serve them, roll them in your favorite topping while they are still cold. You can enjoy them as soon as they thaw.



Chocolate Birthday Cake

No added sugar. No gluten. No dairy. Freezable.

Makes: 10 slices

A dense and compact chocolate cake.

This cake is a good alternative to traditional birthday cakes as it has no added sugar but it is a delicious treat for little chocolate lovers! It literally takes 10 minutes to get it into the oven. You can prepare it a day ahead, as it will still be fresh and gorgeous the next day!



Ingredients

250 g date paste (alternative: use pitted whole dates or figs. Add to food processor and mix until a paste is obtained)

125 g almonds, ground

70 g dark chocolate, coarsely chopped

3 eggs

1 tsp vanilla extract or vanilla powder

Method

1. Place the date paste, almond powder and vanilla in a bowl.
2. Melt the chocolate and pour it on top of the mix while it is still warm so that it softens. Knead with your hands or use a food processor.
3. Let it cool and add the egg yolks.
4. In a separate bowl whisk the egg whites and add them to the preparation.
5. Pour into a baking tray and cook for about 30 to 40 minutes at 180°C.
6. Let cool, slice and serve.



TIPS:

Add seasonal fruit to decorate. It works well in either a round or square baking tray. If you are using a square cake tray, you can cut it into small brownie-like squares. You can store this cake in the freezer: it is great as frozen mini bites during the summer!



Choco Nut Clusters

No gluten. No dairy. No eggs.

Makes: 16 clusters

These special-occasion treats are easier to make than you would expect! This recipe lets you choose which nuts and dried fruit you use to customize the clusters to your taste. They are quick to make and always a crowd-pleaser!



Ingredients

150 g dark chocolate, broken up into pieces
1 tbsp coconut oil (optional)
130 g nuts (cashews, almonds, walnuts, pecans, or pistachios)
4 tbsp dried cranberries or chopped dried apricots (optional)
Pinch of sea salt (optional)

Method

1. Melt the chocolate until smooth. Add coconut oil and salt and stir well.
2. Place the nuts and dried fruit in a medium-sized bowl and pour the melted chocolate onto the nut mixture. Stir until well combined.
3. Spoon the mixture into mini muffin cups and place into the freezer for about 30 minutes.
4. Transfer to the fridge in an air-tight container until ready to eat. Leave at room temperature for 15 minutes before enjoying.



TIPS:

You can sprinkle the clusters with cinnamon, cacao or matcha powder.



Choco Coco Mousse

No gluten. No dairy. No eggs.

Makes: 4 ramekins

This chocolate mousse is a wonderful twist for people looking for an alternative to traditional mousse, since there is no dairy or added white sugar.

It can be a great summer treat: it is fresh and rich. But it can become a decadent winter treat too if you adapt it with seasonal ingredients, like orange zest or chopped chestnut.

Ingredients

100 g dark chocolate

200 ml coconut milk, room temperature

1-3 tbsp maple syrup (to taste)

1 tbsp coconut oil (optional, if you want it thicker)

1 tbsp ground nuts, to sprinkle (optional)

Add-ins (choose one or more)

Orange zest, hazelnut powder, chopped chestnuts, raspberries, cherries, strawberries, etc.

Method

1. Melt the chocolate and add the coconut oil if you opt for it (to obtain a creamier mousse). Pour it onto the coconut milk in a bowl. Whisk the mixture and add maple syrup.
2. At this point you can either leave it as it is or add your favorite ingredient (*cf. add-in list*).
3. Pour the mousse into 4 ramekins and sprinkle with ground nuts or any other topping.
4. Before serving, refrigerate for 2 to 6 hours. Serve within the next two days.



TIPS:

Chocolate mousse doesn't necessarily have to be a dessert: instead of eating it at the end of a meal, try it as a snack for special occasions and let your children explore different

flavors to add nuance to their palate.



Chocolate Zucchini Muffins

No dairy. No gluten. Freezable.

Makes: 12 muffins

Makes a great birthday cake substitute or a weekend treat. These muffins have a softer texture than the *chocolate birthday cake* recipe: if you prefer a moist chocolate recipe you can opt for this choice.



Ingredients

100 g brown rice flour
100 g zucchini, peeled and grated
20 g cacao powder
160 ml almond milk (or another non-dairy milk)
4 tbsp coconut oil
60 to 80 g coconut sugar
1 egg
65 g dark chocolate, chopped
1 tsp vanilla and/or 1 tsp cinnamon
2 tsp baking powder

Method

1. Sift the brown rice flour and mix it with the baking powder, cacao powder and coconut sugar.
2. Melt the coconut oil and set aside to cool. Beat the egg, add the milk and then add the coconut oil and vanilla.
3. Add the wet ingredients to the dry ingredients, and mix until you have a smooth consistency.
4. Add grated zucchini and chopped chocolate.
5. Mix well and divide among 12-15 muffin cups, depending on the size of the muffin tins.
6. Bake in the oven at 180°C for 15-20 minutes, depending on how moist or dry you prefer the muffins.



TIPS:

This recipe can be adapted during the winter season when zucchini is no longer available. You can replace zucchini with another vegetable such as shredded carrots.

The consistency of the muffins will vary with the type of flour and sugar used, and also with how dark the chocolate is: feel free to explore and experiment. You can also make this recipe into a cake.



Choco Beet Fondant

No gluten. No dairy. Freezable.

Makes: 20 squares

This is a delicious French-style “*fondant au chocolat*” with a special ingredient that gives it a light purple touch! Both young and older kids love it.



Ingredients

200 g cooked beets
60 g coconut oil
200 g dark chocolate, broken into pieces
2 eggs
100 g almonds, ground
1 tsp baking powder
50 g walnuts, chopped (optional)
40-60 g coconut sugar (optional)

Method

1. Melt chocolate.
2. Separate the egg whites and whisk them well.
3. Blend the beets into a smooth cream.
4. In the meantime, melt coconut oil and add to melted chocolate. Let it cool and add the two egg yolks.
5. Add the beet cream, ground almonds, chopped walnuts and baking powder.
6. Add the whisked egg whites, stir well and pour into a cake pan.
7. Bake for 20 to 30 minutes at 180°C (depending on the consistency desired).



TIPS:

If you bake the fondant for longer, you can obtain a harder texture and cut it into squares to be served as brownies.



Choco-Topped Bars

No gluten. No dairy. No eggs.

Makes: 12 bars

These easy bars make a great snack to take to school.



Ingredients

220 g mix of buckwheat or quinoa flakes

250 g peanut butter (or almond butter)

70 to 100 g honey (or maple syrup)

1 tbsp coconut oil

1 tsp vanilla powder

80 g dark chocolate, broken into small pieces or chopped

Pinch of sea salt (optional)

Method

1. In a bowl, whisk flakes with salt and vanilla powder.
2. Melt the honey in a bowl and then add peanut butter. Mix to obtain a smooth cream.
3. Pour this mixture onto the flakes and stir well.
4. Spread the dough into a baking tray, previously lined with baking paper and press with a spatula or with your hands.
5. Put it in the fridge for at least an hour or overnight. At this point it can be sliced and eaten as is. Alternatively, pour melted chocolate over the top and place in the fridge to let the chocolate harden before serving.



TIPS:

Use your favorite flakes or a mix: these bars are wonderful with half quinoa flakes, and half another type of flakes. If you are not sensitive to gluten, you can use oat flakes.



Herb Buns

No added sugar. No eggs.

Makes: 8 buns

These buns are a savory snack that can be eaten any time of day. As they are very easy to make, they are a perfect picnic snack, best eaten slightly warm.



Ingredients

150 g feta cheese

250 g whole-wheat flour

3 to 4 tbsp finely chopped herbs (fresh or dried, see instructions below for dried herbs)

1 tbsp baking powder

3 tbsp extra virgin olive oil

100 ml water (or milk for a richer version)

half tsp salt

Method

1. Crumble the feta and mix with the flour and all the other dry ingredients.
2. Add oil and water. Work the dough with your hands and roll out bun shapes. Bake in the oven for 15 minutes at 200°C. They are best eaten warm but they can also work well the day after, warmed up.



TIPS:

You can use any type of seasonal herbs, or veggie greens like carrot or fennel greens. If you don't have fresh herbs, use dried ones, like oregano, sage, marjoram or rosemary. To benefit from herbs throughout the year, you can dry them when in season, at their peak of flavor and freshness. Then grind them and store in a glass jar.



Easy Green Quiches

No added sugars. No gluten.

Makes: 10-12 flans

These quiches are a snap to make and a great success with both kids and adults. You can vary the type of cheese and vegetables according to the season and your tastes.



Ingredients

8 eggs

3-4 big handfuls of baby spinach (washed and patted or spun dry)

80 g *Emmental*-like cheese (or any other kind, as long as it's grated or crumbled)

100 g frozen peas (optional)

Salt and pepper, to taste

Method

1. Crack the eggs and place in a blender with the spinach, salt and pepper. Blend until green and foamy.
2. Place paper or silicone muffin cups in a muffin tin (if you do not use muffin cups, it may be hard to remove the flans once they are cooked).
3. Place some cheese in each muffin cup, as evenly as possible.
4. Pour the egg mixture on top of the cheese in the muffin cups. Sprinkle several peas into each muffin cup.
5. Cook at 180°C for 15-20 minutes, until the top is slightly firm.



TIPS:

If you don't have baby spinach, normal spinach (or Swiss chard leaves) will do too: just chop it up into small pieces!



Veggie Patties

No eggs. No gluten.

Makes: 16 patties

These patties are best eaten warm but you can reheat them if you have some left over. Our kids often bring one to school as a snack and enjoy it at room temperature!



Ingredients

100 g chickpea flour
85 g flakes (buckwheat is a gluten-free option)
50 g almonds, ground
150 g cheddar cheese
250 g cooked pumpkin, mashed
1 tsp baking powder
1 tsp salt, pinch pepper
2 tbsp extra virgin olive oil

Method

1. In a bowl put chickpea flour, flakes and almonds with salt, pepper and baking powder. Add oil and cheddar, and crumble with your hands.
2. Add the mashed pumpkin and work the dough to mix all ingredients together well.
3. Roll into balls with your hands and press to form patties on a baking tray. Sprinkle with oregano or any other herb. Bake for 20 to 30 minutes at 190°C.



TIPS:

When pumpkin is no longer in season, use another seasonal vegetable that you can puree, like eggplant in the summer (in this case, steam the peeled eggplant and mix with an immersion blender).

If you don't have cheddar, you can use any cheese that breaks well into crumbs.



Carrot Corn Mini Breads

No dairy. No gluten. No added sugar. Freezable.

Makes: 26 mini breads (or 15 muffins)

A gluten-free alternative to popular corn bread: a moist texture with the crunchiness of corn kernels for a Sunday picnic or a nutritious after-school snack.



Ingredients

200 g pumpkin (or eggplant)

120 almond, ground

70 g rice flour

4 eggs

2 tbsp oil

50 g carrot grated

50 g corn kernels

1 tbsp oregano and 1 tsp nutmeg (or any other favorite herbs/spice)

1 to 2 tsp salt

1 tsp baking powder

Method:

1. Cook the pumpkin (or eggplant) until soft and mix or mash to obtain a puree. You can also use leftovers or a pureed pumpkin that you have previously frozen.
2. In a bowl, whisk ground almonds with rice flour with salt, spices, herbs and baking powder.
3. In another bowl, beat the eggs, add oil and mashed pumpkin. Pour the wet ingredients onto the dry ones and mix.
4. Add grated carrots and corn kernels last.
5. Pour into *financiers*-shaped molds or any muffin tin. Bake for 15 to 20 minutes at 180°C.



TIPS:

If you don't have mini molds or tins, you can use a normal bread or rectangular cake tin. In this case, bake for at least 30 minutes.

In the summer season, instead of pumpkin you can use eggplant: first steam or roast the eggplant skin-on until soft, remove the skin and mix with an immersion blender.



Buckwheat Crackers

No egg. No gluten. No added sugar.

Makes: 12 crackers

These crackers are a hit at picnics, but they also work great as a regular after-school snack. They are easy to carry in your kids' snack box to be eaten alone or accompanied by your favorite spread.

Our kids' favorite: two crackers stuck together with a chocolate-hazelnut spread!



Ingredients

200 g buckwheat flakes (or any other flakes)

70 g butter

25 g chia seeds

100 g water

4 tbsp herbs (dried or fresh) and spices (paprika, cumin, etc.)

1 or 2 tsp salt

Method

1. Prepare the chia egg: pour chia seeds and water into a small bowl and mix with a spoon. Let sit for 5 minutes and mix again. Let sit another 5 minutes and the seeds will have absorbed all the water and have turned into a jelly consistency. Set aside.
2. Put flakes, salt and herbs in a big bowl.
3. Add butter and mix with your hands until dough has crumbled.
4. Add the chia jelly and mix with your hands (just enough to combine the ingredients).
5. Spread the dough with your hands onto a rectangular or square baking tray lined with parchment paper. The bigger the tray, the thinner and crispier the crackers will be.
6. Use your hands to press dough to about 1cm thick. With a knife, etch a grid without really cutting out the crackers (this will be easier once they are cooked). You can prick the dough with a fork to make cracker-like holes.
7. Bake in the oven at 180°C for 30 to 40 minutes (depending on the

crispness you wish to obtain). You can separate into crackers once they come out of oven.



TIPS:

If you are not used to cooking with chia seeds or don't have them in your pantry, you can replace the chia and water with 1 egg.

You can use fresh chopped herbs or the chopped leaves of veggies like fennel or carrot greens.



Chickpea Farinata

No dairy. No gluten. No eggs. No added sugar.

Makes: 4 to 6 slices

Based on the Italian dish *farinata*, the recipe has been modified to have less fat and more flavor coming from herbs and spices. This snack is perfect for a gluten-free picnic. You can also save leftover *farinata* for snack time!



Ingredients

150 g chickpea flour

300 g water

1 tsp salt, a pinch of pepper

Herbs (oregano, thyme, marjoram, etc.) or spices (paprika, cumin, etc.)

Method

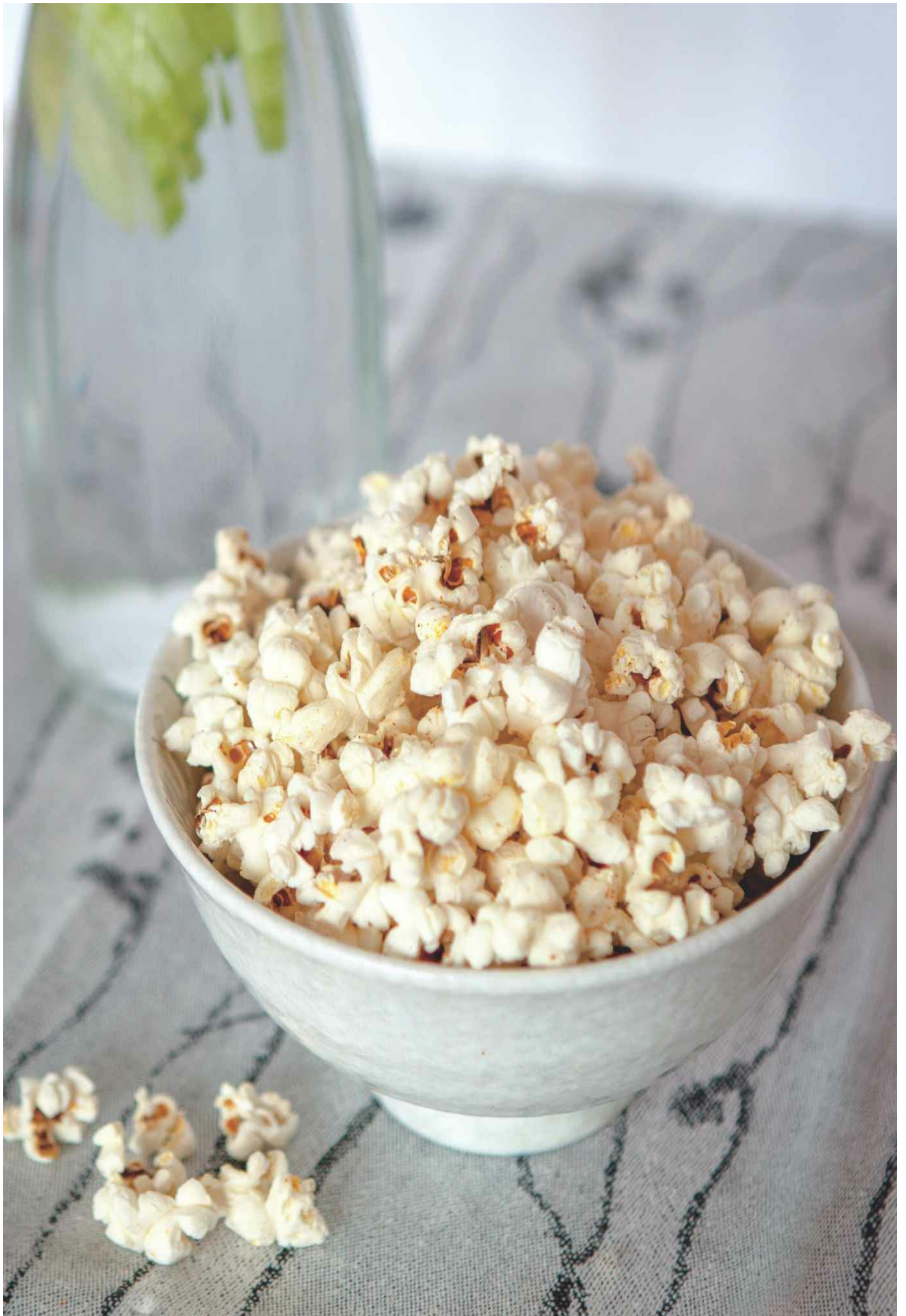
1. In a bowl, mix chickpea flour with salt, pepper, herbs and/or spices.
2. Add water and whisk to obtain a smooth paste. Let sit for a couple of hours (up to 8 hours) or skip this step if you are in a hurry.
3. Grease a baking tin (here a 32-cm-diameter round tin) with oil and pour in the chickpea batter. Bake in the oven at 200°C for 15 to 30 minutes, depending on the consistency you wish to obtain (less time for a softer pancake, longer for a crunchier one).



TIPS:

Eat as is, especially if you use a good dose of herbs and spices.

Alternatively, you can use it as a base for any of your favorite ingredients, avocado, chard or other leafy green vegetables, tomato, etc. If you cook it longer to obtain a crunchier crust, you can use it as a base for gluten-free *pizza*, topping it with tomato sauce, mozzarella and oregano!



5-Minute Popcorn

No eggs. No gluten. No dairy.

Makes: 2 bags of popcorn

Popcorn is a popular accompaniment to a good movie, but it's easy to overlook how simple it is to make at home and take with you from your kitchen to the park. Popcorn is always a welcome treat for kids and easy to transport in a small box or bag.



Ingredients

100 g corn kernels
1 tbsp coconut oil (or any other oil)
Salt, to taste

Method

1. Heat coconut oil in a pan on medium heat. Add corn kernels.
2. Cover and gently shake the pan while the kernels pop.
3. Transfer to a bowl and enjoy!



TIPS:

Popcorn can keep well for 24 hours if stored in an air-tight container, so don't hesitate to serve popcorn left-overs if you make a double dose!



Lemon Almond Cake

No gluten. Freezable.

Makes: 6 slices

If you make your own **almond milk**¹⁹, you can use the remaining almond pulp for many different recipes. Here is one, with the addition of a subtle mix of lemon and vanilla. If you don't have nut pulp, you can use ground almonds instead!

Ripe pears are very sweet and do a wonderful job sweetening your snacks. For this cake, depending on your sweet tooth, you can either add or skip the maple syrup.



Ingredients

200 g almond pulp (or ground almonds)
50 g potato starch (or corn starch)
3 tbsp coconut oil (or butter)
200 g pear *compote* (directions below)
2 eggs
1 to 2 tbsp maple syrup
2 to 3 tbsp lemon zest
1 tsp vanilla, 2 tsp of cinnamon

Method

***Note on pear compote:** You can either make pear compote for this recipe or use one that you have previously frozen. If making fresh, chop 2 or 3 pears and cook them in a pot with 2 tsp of cinnamon (without sugar or water). Cook for about 10 to 15 minutes until soft and then blend to obtain a cream. If you are using a frozen compote, let it thaw for a few hours before making the cake.*

(Check out recipe on fruit compote for more details!)

1. Mix the almonds, potato starch, vanilla and lemon zest in a bowl. In another bowl, beat the egg yolks, then add oil and maple syrup.
2. Add the wet ingredients and the pear *compote* to the dry and mix well.
3. Whisk the egg whites well and add to the batter with gentle movements from bottom to top.

4. Pour the batter into a baking tray (here 18cm-diameter round tin). Bake in the oven at 190°C for about 30 minutes.



TIPS:

If you don't have pears, try it with apples!

Add more lemon zest (up to 3 tbsp) if you like a stronger lemon flavor.

Flavors enhance with time so don't hesitate to bake this cake a day ahead.

[19](#) Bonus recipe for **ALMOND MILK** on the same page as recipe for *cashew madeleines*.



Buckwheat Pancakes

No added sugar. No gluten. Freezable.

Makes: about 10 to 12 pancakes

A nice twist on the obligatory French *crêpes* and a great alternative to a slice of buttered bread! Another great way to use up leftovers, and this time it's from your juice extractions! The fruit pulp provides color and softness to these great gluten-free pancakes! If you don't have a juicer or juice leftovers, you can make them by adding grated fruit or veggies (apple, carrot, beetroot, etc.)

Our kids' favorite: a sandwich made with two pancakes and spread of peanut butter!



Ingredients

200 g buckwheat flour
400 ml milk (raw milk or any non-dairy milk)
2 eggs
100 g fruit pulp
1 tsp baking powder
Pinch of salt

Method

1. Place the flour, baking powder and salt in a bowl with the eggs in the middle.
3. Add the milk in batches and mix well. Add the fruit pulp and mix.
4. Pour a half ladle of batter into a greased pan. Cook for a few minutes and flip when you see small bubbles on the top. Cook on the other side.
5. Serve with your favorite topping.
6. You can serve them warm or store them in the fridge for up to 4 days.



TIPS:

You can freeze the pancakes and either let them thaw at room temperature or toast them before spreading with your favorite topping.

If the flavor of buckwheat flour is too strong for you, feel free to use any other flour, like spelt flour. In this case, you will need to use less milk (about half the dose indicated above).

Raw milk would be best for this recipe because its healthy fats and natural sugars make up for the absence of butter and sugar. If you cannot find raw milk, opt for any other milk, but you might want to add 1 tbsp of butter or coconut oil to the batter.



Cashew Madeleines

No gluten. No dairy. Freezable.

Makes: 14-16 *madeleines* (or 8 muffins)

Another great way to use up the pulp if you make your own nut milk, in this case cashew milk. The *madeleine* shape gives a French touch to this gluten-free snack. You can also use this recipe to make muffins.



Ingredients

220 g cashew pulp (or any other pulp leftover from making nut milk)

60 g potato starch (or any other flour)

50 to 70 g coconut sugar

100 ml cashew milk (or any other nut milk)

3 eggs

1 tbsp orange zest (or lemon zest)

A pinch cardamom and vanilla (you can skip the spices if using more sugar)

Method

1. In a bowl mix nut pulp, potato starch, baking powder and spices.

2. Beat the egg yolks well with coconut sugar to obtain a smooth cream. Add the orange zest and milk to the egg batter and pour it onto the dry ingredients.

3. Whisk the egg whites until firm and add to the batter. Mix gently with circular movements from bottom to top.

4. Place into *madeleine* tins (or muffin tins) and bake for about 20 to 30 minutes at 180°C.



TIPS:

You can use any pulp that you obtain from preparing nut milk (almond²⁰, hazelnut, pine nut, etc.)

You can add raisins (soak them in the milk to soften them) for a surprising texture!

20 Bonus recipe: ALMOND MILK

Ingredients: 200 g almonds, 1 tsp vanilla, 3 Medjool pitted dates.

Soak the almonds for 8 to 12 hours. Remove the skin (to make this easy, pour some warm water on them for a few minutes after soaking) and then place them in a high-speed blender along with vanilla and dates. Add 1 liter of water and blend well. Pour through a nut milk bag (or a piece of cloth) to gather the milk into a bowl. Squeeze the nut milk bag well. Transfer the milk into an empty bottle and store in the fridge for no more than 4 days. Keep the pulp in an air-tight container for 2 days in the fridge or store for a longer time in the freezer. You will be able to use the nut pulp in your favorite recipes.



Summer Freeze

No dairy. No gluten. No eggs. No added sugar.

Makes: 2 servings

A refreshing snack for a warm summer day or a naturally sweet dessert for a special day. This is a fun and creative treat, which will impress your friends and your kids' friends with its simplicity, flavor and consistency.



Ingredients

- 1 frozen banana (or other seasonal fruits)
- 130 g frozen raspberries (or mixed berries)
- 1 tsp cacao powder (optional)

Method

1. Mix frozen banana, berries or your favorite frozen fruits in a food processor for a few minutes until well blended.
2. Add one tbsp of cacao powder (optional)
3. Decorate with your favorite toppings like mint leaves or cacao pieces if desired.



TIPS:

Feel free to vary the recipe according to the season and the ingredients you have on hand. During the winter, you can use chopped pears or kiwi fruit, previously frozen for about one hour.



Chocolicious Banana Pops

No dairy. No gluten. No eggs. No added sugar.

Makes: 4 servings

A smart way to save your over-ripe bananas and a choco-snack children very much appreciate.



Ingredients

2 over-ripe bananas

100 g dark chocolate

Method

1. Instead of tossing your over-ripe bananas, peel them, halve them in two, and insert a skewer-stick into each half.
2. Place the banana skewers in an air-tight container and store in the freezer. You can do this anytime you have an over-ripe banana in the fridge: it's useful for other recipes too!
3. When you or your children are in need of a treat, break a chocolate bar into little pieces and melt it in a bain-marie. When the chocolate is liquid, remove the banana skewers from the freezer and one by one dip and roll them into the melted chocolate. Hold each skewer in your hands for few seconds before placing it onto a serving plate so that the chocolate has time to solidify.
4. The chocolicious bananas are ready to be eaten as popsicles.



TIPS:

Use your stocks of banana skewers to prepare these super easy snacks for a birthday party!

Cut bananas into 4 pieces instead of 2 halves for smaller portions and younger kids.

Conclusion

We will never get tired of repeating that this book and its recipes are for you to test and experiment with. We really hope it will be a helpful tool to bring novelty to the way your family snacks.

We are eager to hear about your learning curve, progress and successes.

Please don't hesitate to contact us directly at goutersnack@gmail.com or join the *GOÛTer* discussion on Facebook at www.facebook.com/goutersnack

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We would like to thank Joshua Rosenthal for having opened up our minds to the concept of bio-individuality: this is truly the future of nutrition. We are grateful to have had the opportunity to be educated at IIN.

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Similarly, we are thankful to Noelle for her work on the manuscript. Writing is one thing, but getting readers to understand the logic behind your reasoning is extremely important for a successful book. With both hats of a professional editor and a conscious-eater-mother, Noelle helped us make the text as easy as possible to understand.

Last but not least, we profoundly acknowledge the power of nature around us. Connecting to it will help each of us to find solutions for getting healthier through food. Nature has it all, and that is where we need to find the food to feed our bodies in order to be healthier.

About the Authors



Annamaria Formentini

With a background in education for responsible consumption, Annamaria realized the importance of conscious nutrition when she took on the role of a cook for her two lovely kids. Health-through-food became her mantra, and as an Integrative Nutrition Health Coach she now advocates for local, seasonal and non-refined foods. After having co-founded Eat Fresh in Hong Kong, she created Easy Healthy (www.easy-healthy.org) when she moved to France. Different communities, but same planet and same vision!

Tania Del Rio Albrechtsen

Trained as a scientist, Tania exchanged the laboratory for the yoga mat when she discovered the profound effect of her yoga practice on her well-being. She then became an Integrative Nutrition Health Coach to deepen her understanding of the body-mind connection and learned that nutrition is much more than what we put on our plates. Tania is the founder of Happy Healthy and Zen (happyhealthyandzen.com), which focuses on bringing awareness to healthy habits, food, yoga, mindfulness and stress management. Tania leads regular wellness workshops and programs in Paris.

Rochelle Chimenes

After her first transformational detox experience convinced her that food really is medicine, Rochelle founded the Paris Detox Club (www.parisdetoxclub.com) to coach people through online detox programs, using whole foods and superfoods to upgrade physical and emotional health. She has always been a fan of healthy gourmet cooking, and she uses her recipes to demonstrate just how enjoyable health food can be. As an Integrative Nutrition Health Coach, her approach to detoxing is not one of deprivation, but rather a method to discover exactly which foods are best for each individual's needs on the path to optimal health.



Alexandra Roche

After a career in advertising, Alexandra decided to follow her passion for pictures, colors and faces by becoming a photographer (<http://www.alexaroche.com>). Venturing into food photography has allowed her to express her creativity with enhancing textures and colors thanks to all the fresh and unusual ingredients. Alexandra lives in London with her husband and her three daughters.

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