



# HEALTHY VILLAGE

## WELLNESS CENTER

*Snack Recipes*



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# Avocado & Cucumber Nori Rolls

Vegan, Low Sugar

## Ingredients

- 4 sheets nori seaweed (available from natural food stores and Japanese markets)
- 450 grams (1 pound) cucumbers, thinly sliced with a mandolin slicer
- toasted sesame seeds
- ground chili powder (optional)
- 1 ripe avocado, sliced into thin wedges
- long-stem sprouts or sprouted seeds
- soy sauce, for serving

## Optional Additions

- simple tahini sauce
- raw cashew cheese or other spread
- pink radishes, thinly sliced with a mandolin slicer
- large handful of small salad leaves, such as baby spinach or baby kale
- fresh herbs, especially shiso or cilantro
- 1/2 ripe mango, sliced into strips
- 1/2 small jicama, peeled and cut into strips

## Directions

Have all the ingredients ready and portioned out into four equal servings before you begin, and have a small bowl or glass of water close at hand. Place a sheet of nori on a clean and dry cutting board, shiny side facing down and longest edge facing you.

Starting from the left edge, arrange the cucumber slices in overlapping rows on the nori, leaving a 3-cm (1-inch) margin of uncovered nori at right. Sprinkle with sesame and ground chili powder, if using. If using tahini sauce or cashew cheese, drizzle or smear over the cucumber now. If using sliced radishes or salad leaves, arrange in a single layer on top of the cucumber now.

Arrange the bulkier fillings -- avocado, tofu, sprouts, herbs, mango, jicama -- in an even, vertical pattern, about 5 cm (2 inches) from the left edge.

Rotate the cutting board by a quarter of a turn counter-clockwise so the uncovered strip of nori is furthest from you. Using both hands, start rolling the sheet of nori from the edge closest to you, folding it up and over the fillings, then rolling it snugly away from you.

Just as you're about to reach the uncovered strip of nori at the end, dip your fingertips in the bowl of water and dab the nori lightly so it will stick. Set aside, seam side down, and repeat with the remaining ingredients to make three more rolls. Slice into halves or thick slices using a sharp chef knife. Serve with soy sauce for dipping.



# Banana Vegan Yogurt

Total time: 10 minutes

Vegan

## Ingredients

- 1 spotted ripe banana
- 1/2 cup unsweetened almond milk
- 2 tablespoons chia seed, ground
- 2 tablespoons of raw cashews
- squeeze of fresh lemon juice (optional)
- dash of cinnamon
- dash of sea salt
- stevia to sweeten (if needed, optional)

## Directions

Soak chia seeds for at least 20 minutes in 4 tablespoons of the almond milk.

Set aside to gel.

Soak cashews in water (and discard) for at least 20 minutes to soften.

In a high-speed blender or food processor, combine all ingredients until smooth.

Adjust almond milk liquid to make thinner or thicker to your desired taste.

Enjoy at room temperature or chill for 20 minutes.

## Source

<https://nutritionstripped.com/banana-yogurt/>



# Greek Salad on a Stick

Vegetarian, Low Sugar, Contains Dairy

## Ingredients

- one half grape tomato
- three thin slices of cucumber
- thinly sliced teeny pieces of purple onion, and just squish them between the cucumber and the tomato
- a pitted olive
- a little cube of feta cheese

## Directions

To complete the sticks, I drizzled Simply Dressed Greek Feta Salad Dressing on top of each one. It's the perfect dressing for these little Greek salad bites.

## Source

<https://www.nobiggie.net/greek-salad-on-a-stick/>



# Zucchini Quinoa Roll Ups

16 Servings

Vegetarian, Low Sugar, Contains Dairy

## Ingredients

- 3-4 zucchini (about 1/2 pound each), sliced lengthwise into 1/4-inch slices
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- Pinch freshly ground black pepper
- 1 1/2 ounces' soft goat's cheese
- 1 tablespoon freshly minced parsley leaves
- 1/2 teaspoon lemon juice
- 1 cup baby spinach leaves
- 1/3 cup basil leaves

## Directions

Discard the outermost slices of zucchini and brush the rest of the slices with the oil on both sides. Season with salt and black pepper.

Place on a preheated grill or grill pan for about 4 minutes on each side, or until tender.

In a small bowl combine the goat cheese, parsley leaves and lemon juice, mashing with a fork.

Put 1/2 teaspoon of the cheese mixture about 1/2-inch from the end of a zucchini slice. Top with a few spinach leaves and 1 small, or half of a large basil leaf. Roll up and place seam side down on a platter. Repeat with the rest of the zucchini slices.

You can make these up to a day before serving. Store them in an air-tight container in the refrigerator.

## Source

<https://www.google.com/url?q=http://www.shutterbean.com/2012/grilled-zucchini-roll-ups/print&ust=1549351380000000&usq=AFQjCNFsNaTH6yqbvj21dMVxXTot4pj-zw&hl=en>