

Night Snacking

Hunger, habit, emotion?

Do you regularly snack at night? Pay attention to see if you are really hungry or if there is something else influencing you to want to eat.

First, drink a glass of water. If you still feel hungry, eat. If you think it may be habit or emotion, try one of these:

- Drink an herbal tea
- Do something you enjoy
- Brush your teeth
- Chew gum or mints
- Put on something sexy
- Go to bed

Try these recipes to crush cravings!

Freezer Chocolate Bar

1. Mix 1 tsp melted coconut oil, 1 tsp chocolate protein powder or cacao, 1 tsp nut butter.
2. Optional: add coconut flakes, pats, chia seeds, nuts
3. Press flat into two pieces of wax paper and freeze
4. It takes at least an hour, then enjoy!

Nice Cream

1. Mix 1 frozen banana, 2 tsp cacao, 2 tsp nut butter and 1/4 cup milk in a food processor or blender
2. Freeze & enjoy!

Tomato Bowl

Mix a bowl of cherry tomatoes with vinegar, lemon juice, basil, oregano and chia or pumpkin seeds

Fruit Dip

Mix 1/4 Greek Yogurt, 2 tsp nut butter, 1 tsp vanilla extract and 1/2 tsp cinnamon.

Zucchini Chips

1. Thinly slice zucchini and toss in Extra Virgin Olive Oil
2. Spread over parchment paper and sprinkle with sea salt and pepper
3. Bake at 375C for 20 minutes or until golden

