



bioisland®

road trip



snacks



Banana muffins are a great low sugar snack for car trips. They contain high levels of potassium and good levels of protein and dietary fibre. Meaning you will feel fuller for longer especially on those long car trips.

Banana Muffins

INGREDIENTS

3 eggs
1/4 cup milk
1 1/4 mashed ripe banana
2 cups almond meal
1 tsp baking powder
1 vanilla bean pod, split lengthwise and contents scraped.
1/2 tsp cinnamon powder
1/2 cup walnuts, roughly chopped

METHOD

1. Preheat oven to 180 degrees Celsius.
2. In a bowl whisk milk and eggs. Then add banana and mix until well combined.
3. Add almond meal, baking powder, vanilla, cinnamon and walnuts to the wet mixture. Stir well.
4. Grease a muffin tray.
5. Spoon mixture into muffin tray.
6. Bake in oven for 20 -25 minutes or until cooked through.

**Eat well,
travel well.**



Energy balls are a great travelling snack as they are small, shelf stable and delicious. They also contain dates which are a great substitute for sweets and lollies, as it is an all-natural sweetener, high in fibre and antioxidants.

Coconut Energy Balls

INGREDIENTS

1 cup raw almonds
1 1/2 cups dates, pitted
1/2 cup unsweetened cocoa powder
1/3 cup desiccated coconut + 1/4 cup extra for rolling balls in.
1 teaspoon vanilla essence
1/4 cup rolled oats

METHOD

1. Place almonds into a food processor and blend until it comes to a smooth consistency.
2. Add all ingredients, except the extra coconut, to the food processor and set on high until everything is just combined. (do not mix for too long otherwise it will turn into a paste)
3. Roll the mixture into balls and place on a plate. On a separate plate place the 1/4 cup of desiccated coconut. Roll balls in the coconut and place on a baking sheet covered with baking paper.
4. Place the tray in the freezer for 10 – 15 minutes so the balls slightly set. They can then be kept in the freezer until required.

**Love food,
love life.**



Roasted chickpeas are a great snack, not only are they super tasty and perfect for storing but they are also high in protein and a complex carbohydrate! Due to its role as a complex carbohydrate the body is able to slowly digest and sustain energy for longer periods as well as making you feel fuller for longer.

Roasted Chickpeas

INGREDIENTS

1 can chickpeas
1 tablespoon extra virgin olive oil
1/2 teaspoon turmeric powder
1/2 teaspoon cumin powder
1/2 teaspoon coriander powder
pinch of salt

METHOD

1. Preheat oven 220 degrees Celsius.
2. Drain and rinse the chickpeas. Make sure you completely dry the chickpeas using a paper towel.
3. Mix together the chickpeas, oil and spices until completely coated. Spread out evenly onto a lined baking tray.
4. Roast in the oven for 30 minutes, tossing every 5 – 10 minutes to cook evenly.
5. Remove from oven and cool before eating.



These delicious muffins are gluten, nut and refined sugar free making them a great snack for those that have a sweet tooth. Blueberries are packed with antioxidants which help protect our body from damaging free radicals.

Coconut and Blueberry Muffins

INGREDIENTS

2 1/4 cups rolled oats
1 cup desiccated coconut
2 teaspoons baking powder
1/2 cup Greek yoghurt
1/3 cup raw honey
1/2 cup melted coconut oil
4 eggs, whisked
2 teaspoons vanilla essence
1 cup fresh blueberries

METHOD

1. Preheat the oven to 180 degrees Celsius.
2. In a large bowl combine all the dry ingredients, of rolled oats, desiccated coconut and baking powder.
3. In a separate bowl combine the yoghurt, honey, coconut oil, eggs and vanilla essence.
4. Gently pour the wet ingredients into the dry ingredients and stir. Add the blueberries and mix until just combined.
5. Spoon into a greased muffin tray.
6. Bake for 15 – 20 minutes or until cooked through.
7. Remove from oven and let the muffins cool. Store in an airtight container.



Kale as we know is one of many of our wonderful superfoods. This is because it possesses one of the highest levels of lutein of all vegetables meaning it is fantastic for our eye health. It also contains high levels of fibre, antioxidants, calcium, and vitamin k.

Kale Chips

INGREDIENTS

2 tablespoons olive oil
1 bunch kale
chilli powder to taste
sesame seeds to taste
garlic (fresh or powder is fine) to taste
salt and pepper to taste

METHOD

1. Preheat oven to 180 degrees Celsius.
2. Tear the kale leaves from stems and place the leaves onto an oven tray covered. Make sure there is baking paper on the oven tray.
3. Drizzle olive oil all over the kale and then sprinkle chilli powder, sesame seeds, garlic and season. Mix until the leaves are completely coated.
4. Place in the oven for approximately 15 minutes or until crispy.
5. Store in an airtight container.

Tips: Kale chips are extremely versatile any combination of herbs or spices can be used to your personal preferences



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