

# BEST HOMEMADE SNACKS TO HELP YOU DEAL WITH A SNACK ATTACK



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You are taking an important test in an extremely quiet classroom, mulling over whether or not you should pick letter C for the third time, and then all of a sudden... the worst happens. Your stomach decides to demonstrate a traditional whale mating call over a loudspeaker for the entire class to listen to. The only way to fix those grumbles is... a snack. We've all been there.

Here are my top eight recipes for when hunger kicks in between meal times, but you don't want to spend a lot of money on store-bought snacks and also want to know exactly what ingredients are going into your snacks (hopefully not things like Red 40, disodium inosinate, or corn syrup solids).

This list of food keeps me both fueled and happy, with a pretty penny to save.

## SAVORY SNACKS

### 1. Crispy Chickpeas



If you have been keeping up with Teen Insider Mag, you may have already seen [this](#) recipe mentioned [here](#), but it is just so delicious it had to be mentioned again. I never would have thought the squishy, tan chickpea could be turned into such a crunchy flavor-bomb, but it has been done and is extremely easy to do yourself.

There are so many variations on this recipe, from Italian-garlic crispy chickpeas to spicy barbecue ones. Get crazy and experiment!

### 2. Kale Chips

This is possibly the most "basic white girl" option on this list, but nobody should be sleeping on the greatness of kale chips. They are among the easiest things to cook, have all the salty fatty crunchiness you want from a chip, and also provide you with a huge serving of Vitamin K, Vitamin C, antioxidants like beta-carotene, and minerals necessary for bodily function.



Instead of spending a ridiculous amount of money for like 6 kale chips at Whole Foods, make your own by simply following [this recipe](#). Again, you can really upgrade this snack with whatever flavors you enjoy most, like everything bagel seasoning, lemon pepper seasoning, garlic salt, or even ranch powder.

### 3. Wasabi Edamame



Sometimes I am in the middle of doing my homework and all of a sudden crave a full four-course Japanese dinner, but, alas, I cannot have that right then. Instead, I opt for some crispy edamame, reminiscent of that addictive edamame you eat as an appetizer at Japanese restaurants, yet with the satisfying crunch of tempura and the heat of a spicy tuna roll.

Again, [this](#) recipe is super simple, with only a few ingredients, and can be prepped for days or weeks in advance. This gives you even more time to enjoy these little edamame bombs (if

they aren't all eaten within the first hour).

### 4. Good Ole' Guac



In my house, guac does NOT cost extra. Yes, avocados can be a little expensive, but during their peak growing season they can cost only around \$1 per avocado and they continue to pack a bunch of flavor, nutrients, and healthy fats that keep you fueled and energized. In my opinion, the best guac is just a mashed avocado with some salt and lime, but feel free to add garlic, Tajin, or any other flavors if you really want to have fun with it.

This is a great [recipe](#) to get you started, and [this one](#) is a bit more traditional. I recommend using carrot sticks or tortilla chips as the fastest and healthiest vehicles to transport guac as quickly as possibly into your mouth.

## SWEET SNACKS

### 5. Fruit Leather

This is one of those snacks that used to be offered in preschool, but sat sadly untouched and unloved while we all reached for the Fruit-By-the-Foot and Cheez-



Its. Luckily, now that we've grown up a bit, it is time we bring back this delicious snack, and recognize it for all it has to offer.

Fruit leather is a great way to get in your daily servings of fruit, without the hassle or mess of cutting it up and preparing it, or watching it slowly turn brown in your bag before you even get the chance to eat it. Also, this is a fantastic way to use up any leftover fruit that might not look so pretty anymore or be quite as crunchy and fresh as you'd prefer.

For a classic and simple recipe click [here](#), and if you want to experiment more with funky flavors try [this](#).

## 6. Energy Bites



These may seem a little bit weird, but they are the perfect snack for late night studying sessions when you want a boost of energy to keep you awake and you may be craving something sweet. These are the best snack for meal prepping as well, because they sit well in the fridge, transport well in your backpack, and require very few ingredients.

[This](#) recipe is a great, sweet, delicious base, but you can always mix in raisins, white chocolate chips, an extra spoonful of peanut butter, or cocoa powder for some different flavor profiles.

## 7. Apple Peanut Butter Rings

It is hard to commit to an entire apple; I mean there are some monstrous Honey Crisps out there. [This recipe](#) fixes that issue entirely, and makes the classic apple with peanut butter combo a lot more interesting. Shaped like a donut, but tasting of childhood, these apple rings are fun, addicting, crunchy, and sweet.



All you have to do is cut an apple into rings and spread your favorite nut butter on them, with any other toppings like raisins or granola, but if you need a recipe to follow, click [here](#). If you want to turn this simple snack into a showstopping dessert you can always try grilling the sliced apple rings beforehand and then topping with ice cream instead.

## 8. Matcha Chia Pudding

This is again a little bit of a weird one, but most importantly this snack embraces the amazing powers of chia seeds. These amazing little seeds actually can absorb at least ten times their own weight in liquid!



For **this recipe**, soaking the chia seeds overnight provide them with a pudding-like texture, while the matcha provides you with both caffeine and antioxidants, and the honey adds a touch of delicious sweetness.

With this arsenal of quick and delicious recipes in your back pocket, go forth and enjoy the wonderful world of snack time. As always, we love when you share your food creations with us @teeninsidermag and remember to get creative in the kitchen, especially when snacks offer so many diverse possibilities!