

SNACKISH
2 RECIPES FOR EVERY
CRAVING

PUBLISHED BY ARWA CHAKKIWALA



**Clean & Comfort Snacks in One Book –
Guilt-Free, Cheat-Day, Air Fryer, No-
Cook, and Gut-Healthy Cravings Solved**

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Published by [ARWA CHAKKIWALA]

Dedication

To every snack lover who craves balance this book is for you.

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Introduction

Snackish is more than just a cookbook it's a new way to think about snacking.

Inside this book, you'll discover a simple but powerful idea:

Every craving can be satisfied in two ways one clean, one comfort.

Whether you're trying to nourish your body or simply need a feel-good treat, this book gives you the freedom to choose. No guilt. No labels. Just smart, satisfying options that fit real life.

Each craving comes with:

- A **Clean Recipe** – quick, gut-friendly, hormone-conscious, and nutritionally balanced
- A **Comfort Recipe** – rich, flavorful, indulgent, and worthy of your cheat-day

You'll find global Flavors, trending ingredients, air-fryer favorites, and no-cook options all designed to be made in **15 minutes or less** with ingredients that are accessible, flexible, and full of flavor.

Why This Book?

Because modern life demands more from our food. We want fast, but we also want functional We crave delicious, but we value balance.

Whether you're someone who tracks macros, listens to your hormones, or simply listens to your cravings Snackish was created to meet you halfway.

This book is especially designed for:

- Women with busy schedules
- Snack-lovers who want choices, not restrictions
- Anyone tired of choosing between what's "healthy" and what's "satisfying"

What to Expect

- 50 unique snack cravings, each with two recipes
- 100 total recipes. — a mix of clean & comfort options
- Trending snack types: gut health, high-protein, hormonal balance, no-cook, air-fryer
- A layout organized by mood, craving type, and lifestyle need
- Beautifully paired clean vs. comfort versions for every moment

From chocolate emergencies to PMS cravings, boredom bites to Netflix munchies you'll find a snack for every feeling and a recipe for every taste.

How to Use This Book

Snackish: 2 Recipes for Every Craving is designed to be as flexible and fast as your cravings.

This isn't your traditional cookbook there are **no strict meal plans**, no diet rules, and no guilt trips. You'll simply find 100 snack recipes split across 50 cravings and for each craving, you get **two versions**:

- **Clean** – health-conscious, hormone-friendly, easy to digest, and quick to prep
 - **Comfort** – rich, indulgent, nostalgic, and designed to hit the spot
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Navigating the Book

The book is divided into 10 craving categories like *Chocolate Cravings*, *Crunch Attacks*, or *Late-Night Snacks*. Each chapter focuses on a **type of craving**, making it easy to flip directly to what you need.

Every craving page includes:

- 🕒 **Prep Time (Always 15 minutes or less)**
- **Tools Needed (Only simple, common kitchen items)**
- **Ingredients List (No hard-to-find items pantry-friendly)**
- **Step-by-Step Instructions**
- **Snackish Tip (Optional hacks, swaps, or enhancements)**

Clean vs. Comfort: Choosing Your Mood

Think of each pair of recipes as **two paths to the same destination.**

Are you in the mood for a wholesome bite that supports your body's needs? Choose the **Clean** version. Want something indulgent and emotionally satisfying? Go for the **Comfort** option.

There's no right or wrong only what feels right for you in that moment.

Bonus Features

At the end of the book, you'll also find:

- **Snack Swap Cheat Sheet – Quick swaps for healthier choices**

- **Pantry Staples List – Keep snack emergencies under control**
- **Make It Faster Hacks – Meal-prep tips to save time**

Snackish was created to celebrate your cravings do not control them. Use it your way. Flip around, follow the tags, or go craving by craving.

Just don't be surprised when one recipe leads to another.

Welcome to a new way to snack.

Welcome to *Snackish*.

Craving #1: Crunch Attack

When salty, crispy, munchy snacks call your name here's your satisfying double answer.

One craving, two ways pick your path: Clean or Comfort.

Clean Version: Air-Fryer Chickpea Crunch

A high-protein, fiber-rich snack that satisfies your crunch cravings without the grease. Ideal for gut health and hormone balance.

Prep Time: 5 min

Cook Time: 12 min

Tools: Air fryer, mixing bowl, spatula

Ingredients:

- 1 can (15 oz) chickpeas, drained, rinsed, and patted dry
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp paprika
- 1/4 tsp garlic powder

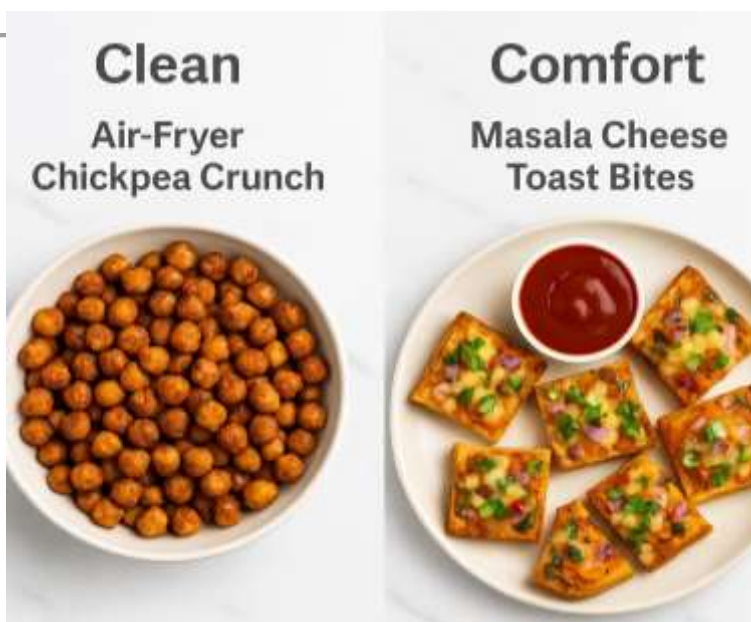
- 1/4 tsp cumin
- Optional: pinch of chili powder for extra heat

Instructions:

1. Preheat the air fryer to 400°F (200°C).
2. Toss chickpeas with oil and spices until evenly coated.
3. Spread chickpeas in a single layer in the air fryer basket.
4. Air fry for 12–14 minutes, shaking halfway through, until crispy.
5. Cool before serving (they crisp more as they cool).

Snackish Tip: Store leftovers in a paper towel-lined container to keep them crunchy.

Tags: [Clean] [Air Fryer] [Protein] [Gut-Friendly]



Comfort Version: Masala Cheese Toast Bites

Melted cheese, spice, and crispy toast these bite-sized toasts bring the street-style crunch you crave.

Prep Time: 7 min

Cook Time: 6–7 min

Tools: Skillet or sandwich toaster, knife, bowl

Ingredients:

- 4 slices white or multigrain bread
- 1/2 cup shredded mozzarella or processed cheese
- 1 small onion, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp chopped coriander
- 2 tbsp mayo or soft butter
- 1/4 tsp chaat masala or garam masala
- Salt to taste

Instructions:

1. Mix cheese, onion, chili, coriander, mayo, masala, and salt in a bowl.
2. Spread the mixture on bread slices. Cut into quarters.

3. Toast in a skillet or sandwich toaster until golden and melty.
4. Serve hot with ketchup or green chutney.

Snackish Tip: Add a slice of tomato or sprinkle chili flakes before toasting for extra flavor.

Tags: [Comfort] [Cheat Day] [Spicy] [Snackable Party Food]

Craving #2: Chocolate, Now

When your sweet tooth takes control and nothing else will do.

One craving, two ways pick your path: Clean or Comfort.

Clean Recipe: Cocoa Almond Bliss Bites

A no-bake, hormone-friendly chocolate bite rich in fiber, magnesium, and satisfaction.

Prep Time: 12 min

Tools Needed: Mixing bowl, food processor (or strong hands)

Ingredients:

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup raw cacao powder (or unsweetened cocoa powder)
- 2 tbsp honey or maple syrup
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- Pinch of sea salt

Instructions:

1. Combine all ingredients in a food processor and blend until crumbly but sticky.
2. Roll into 1-inch balls and place on a tray or plate.
3. Chill in the fridge for 10 minutes to set.
4. Store in an airtight container for up to 5 days.

Snackish Tip: Want more crunch? Roll in chopped roasted almonds or shredded coconut before chilling.

Tags: [Clean] [No-Cook] [Protein-Rich] [Hormonal Boost] [Focus-Friendly] [Globally Friendly]



Comfort Recipe: 5-Minute Mug Brownie

When you need gooey, melty chocolate fast.

Prep Time: 5 min

Cook Time: 1 min

Tools Needed: Mug, microwave

Ingredients:

- ¼ cup all-purpose flour
- 2 tbsp unsweetened cocoa powder
- 2 tbsp sugar
- ¼ tsp baking powder
- Pinch of salt
- ¼ cup milk (any kind)
- 2 tbsp oil or melted butter
- ¼ tsp vanilla extract
- Optional: chocolate chips, spoon of Nutella or peanut butter

Instructions:

1. Mix dry ingredients in a mug.
2. Add wet ingredients and stir until smooth.
3. Microwave for 60–75 seconds until the top is just set.

4. Optional: Drizzle with chocolate sauce or top with ice cream.

Snackish Tip: Craving lava core? Drop a spoonful of peanut butter or Nutella in the center before microwaving.

Tags [Comfort] [Late Night] [Cheat Day] [Mood Booster]
[Indulgent]

Craving 3: Creamy Comforts (Cheesy, Dips, Spreads)

Because nothing beats a smooth, creamy bite when you're in the mood for cozy satisfaction.

One craving, two ways — pick your path: Clean or Comfort.

Clean Version: Avocado Cottage Cheese Whip with Cucumber Slices

Creamy, protein-rich, and packed with healthy fats this smooth whip is the ultimate clean dip.

Prep Time: 7 min

Tools: Blender or fork

Ingredients:

- 1/2 ripe avocado
- 1/4 cup cottage cheese
- 1 tsp lemon juice
- Pinch of garlic powder
- Salt & pepper to taste

- Cucumber rounds or veggie chips for dipping

Instructions:

1. Blend or mash all ingredients until smooth.
2. Serve with cucumber rounds or raw crackers.

Snackish Tip: Spread it on multigrain toast or use as a dip for boiled eggs.

Tags: Clean, High-Protein, Gut-Friendly, No-Cook

Comfort Version: Creamy Jalapeño Cheese Spread with Mini Toasts

Bold, cheesy, and spiked with a little heat dangerously dip-worthy.

Prep Time: 5 min

Cook Time: 2–3 min (if toasting bread)

Tools: Bowl, toaster

Ingredients:

- 2 tbsp cream cheese
- 1 tbsp mayo
- ¼ cup shredded cheddar

- 1 tsp chopped jalapeños
- ¼ tsp smoked paprika
- Salt to taste
- Mini toasts or bread rounds

Instructions:

1. Mix all ingredients in a bowl until creamy.
2. Spread on mini toasts or crackers.
3. Toast for extra meltiness (optional).

Snackish Tip: Add a dash of hot sauce for that extra kick.

Tags: Comfort, Spread, Indulgent, Game-Night



Craving #4 – Savory & Spicy Snacks

(Bold Flavors, Fiery Kicks, Snackable Heat)

Because sometimes your taste buds want a little drama something salty, spicy, and irresistibly bold.

One craving, two ways — pick your path: Clean or Comfort.

Clean Recipe: Chili-Lime Roasted Edamame

Tags: Clean · Protein · Spicy · Gluten-Free

Prep Time: 10 mins

Tools Needed: Baking tray or air fryer, mixing bowl

Ingredients:

- 1 ½ cups frozen edamame (shelled, thawed)
- 1 tbsp olive oil or avocado oil
- ½ tsp sea salt
- ½ tsp chili powder
- ¼ tsp smoked paprika
- Zest of ½ lime
- Juice of ½ lime

Instructions:

1. **Preheat** oven to 400°F (200°C) or set air fryer to 375°F (190°C).
2. **Pat dry** edamame thoroughly with a paper towel to avoid sogginess.
3. **Toss** in a bowl with oil, chili powder, paprika, and sea salt until evenly coated.
4. **Roast** on a baking tray (or air fry) for 12–15 minutes, shaking halfway through, until crisp.
5. **Finish** with lime zest and juice. Serve warm or cooled.

Snackish Tip: These keep well in a jar for 2 days. A perfect mid-day protein fix!



Comfort Recipe: Loaded Chili Cheese Nachos

Tags: Comfort · Cheat Day · Spicy · Game Night

Prep Time: 15 mins

Tools Needed: Skillet, baking sheet

Ingredients:

- 2 cups tortilla chips
- 1/2 cup cooked ground beef or lentil chili
- 1/2 cup shredded cheddar cheese
- 1/4 cup diced tomatoes or red bell pepper
- 1/4 cup sour cream
- Jalapeño slices for topping (optional)

Instructions:

1. **Preheat** oven to 375°F (190°C).
2. **Spread** tortilla chips on a baking sheet. Top evenly with chili, cheese, and tomatoes.
3. **Bake** for 8–10 minutes, until cheese is melted and bubbly.
4. **Garnish** with sour cream and jalapeños. Serve immediately.

Snackish Tip: Swap beef chili for lentil chili to make it vegetarian-friendly without losing comfort!

Craving 5: When You're Craving Something Golden & Crunchy

Because sometimes, all you want is something crisp, warm, and golden that hits the spot.

One craving, two ways — pick your path: **Clean** or **Comfort**.

Clean Version: Golden Chickpea Crunch Balls

Fiber-rich, protein-packed bites with a turmeric glow and satisfying crisp.

- **Prep Time:** 15 minutes
- **Tools Needed:** Food processor, oven or air fryer

Ingredients:

- 1 can chickpeas (rinsed and drained)
- 1/2 cup rolled oats
- 1/2 tsp turmeric
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika

- 2 garlic cloves
- 1 tbsp tahini or Greek yogurt
- Salt to taste
- Olive oil spray (for crisping)

Instructions:

1. Preheat oven or air fryer to 200°C (400°F).
2. In a food processor, combine all ingredients and pulse until a thick, slightly chunky dough forms.
3. Using your hands or a scoop, shape the dough into small balls.
4. Arrange on a lined baking tray or air fryer basket. Lightly spray with olive oil.
5. Bake or air fry for 10–12 minutes until golden and crisp on the outside.

Snackish Tip Serve with a probiotic-rich yogurt dip or a side of fermented pickles for a gut-health boost.

Tags: [Clean, Gut Health, Air Fryer, Hormone-Friendly, Crunchy]

Comfort Version: Cheesy Cornflake Potato Bites

A crispy cornflake coating wrapped around cheesy mashed potato goodness.

- **Prep Time:** 10 minutes
- **Tools Needed:** Mixing bowl, frying pan or oven

Ingredients:

- 2 cups mashed potatoes
- 1/2 cup grated cheese (cheddar or mozzarella)
- 1/2 tsp garlic powder
- Salt and pepper to taste
- 1/2 cup crushed cornflakes (for coating)
- 1 tbsp butter or oil (for pan-frying or baking)

Instructions:

1. In a bowl, mix mashed potatoes, cheese, garlic powder, salt, and pepper until well combined.
2. Shape into small balls or patties and roll them in crushed cornflakes.
3. **Option 1 – Pan-Fry:** Heat butter or oil in a pan and cook on medium heat until golden and crispy.

4. **Option 2 – Bake:** Preheat oven to 200°C (400°F) and bake for 12–15 minutes, flipping halfway through.

Snackish Tip: Craving more indulgence? Add sliced jalapeños to the mix or serve with your favorite cheesy dip.

Tags: Comfort, Cheat Day, Crispy, Late-Night, Party Snack



Craving 6: Cheat-Day Favourites

(Deep-Fried, Loaded, Decadent)

Because some cravings don't ask for permission, they just want flavor, crunch, and a little rebellion.

One craving, two ways — pick your path: Clean or Comfort.

Clean Version: Air-Fried Zucchini Parmesan Fries

Crispy, herby, and cheesy all the cheat-day vibes without the guilt.

- **Prep Time:** 10 minutes
- **Tools Needed:** Knife, bowl, air fryer
- **Ingredients:**
 - 1 medium zucchini (cut into fries)
 - 1 egg (or 2 tbsp Greek yogurt for coating)
 - ¼ cup almond flour or oat flour
 - 2 tbsp grated parmesan
 - ½ tsp garlic powder

- 1/2 tsp Italian seasoning
- Salt & pepper to taste
- Olive oil spray

Instructions:

1. In a bowl, combine almond flour, parmesan, garlic powder, Italian seasoning, salt, and pepper.
2. Dip zucchini fries in beaten egg or Greek yogurt, then coat with the flour mixture.
3. Place in an air fryer and spray lightly with olive oil.
4. Air fry at 200°C (400°F) for 8–10 minutes, flipping halfway, until golden and crispy.

Snackish Tip: Add a spoonful of cornmeal to the coating for extra crunch!

Tags: *Clean, Low-Carb, Air Fryer, Hormone-Friendly, Gut-Health*

Comfort Version: Loaded Mozzarella-Stuffed Potato Bombs

Crispy outside, cheesy explosion inside your ultimate cheat-day snack.

- **Prep Time:** 12 minutes
- **Tools Needed:** Bowl, frying pan or oven

Ingredients:

- 2 cups mashed potatoes
- 1/2 cup shredded mozzarella or string cheese chunks
- 2 tbsp chopped jalapeños (optional)
- Salt & black pepper to taste
- 1/2 cup breadcrumbs or crushed chips (for coating)
- Oil for deep frying or brushing (for baking)

Instructions:

1. Mix mashed potatoes with salt, pepper, and jalapeños (if using).
2. Scoop out portions and stuff each with mozzarella. Shape into small balls.
3. Roll in breadcrumbs or crushed chips for a crispy coating.
4. Deep fry until golden and crisp or bake at 200°C (400°F) for 15 minutes, flipping once.

Snackish Tip: Pair with spicy mayo or a nacho cheese dip for an indulgent finish.

Tags: *Comfort, Deep-Fried, Cheat Day, Party Snack, Melty Inside*

Clean

Air-Fried Zucchini
Parmesan Fries



Comfort

Loaded Mozzarella-
Stuffed Potato Bombs



Craving 7: Netflix & Boredom Bites

(Snacky, Fun-to-Eat, Perfect for Mindless Munching)

Because some cravings hit when you're deep into a binge-watch or scrolling endlessly and all you need is something crunchy, poppable, and totally satisfying.

One craving, two ways — pick your path: Clean or Comfort.

Clean Version: Date-Almond Chocolate Truffles

Fudgy, naturally sweet, and energizing the perfect no-guilt bites for couch cravings.

- **Prep Time:** 10 minutes
- **Tools Needed:** Food processor or high-speed blender

Ingredients:

- 1 cup Medjool dates (pitted and soft)
- 1/2 cup raw almonds
- 2 tbsp unsweetened cocoa powder
- 1 tbsp chia seeds
- 1/2 tsp vanilla extract

- Pinch of sea salt
- Unsweetened shredded coconut or cocoa powder (for rolling)

Instructions:

1. Add all ingredients to a food processor and blend until a sticky dough forms.
2. Roll into bite-sized truffle balls.
3. Coat with shredded coconut or cocoa powder.
4. Chill for 10–15 minutes before serving.

Snackish Tip: Add instant coffee granules for a mocha vibe or roll in crushed pistachios for crunch.

Tags: *Clean, Naturally Sweet, No Added Sugar, Vegan, Mood-Boosting*

Comfort Version: Gooey Chocolate-Stuffed Mini Donuts

Soft, golden pillows of dough with molten chocolate inside — made for long episodes and late-night cravings.

- **Prep Time:** 15 minutes
- **Tools Needed:** Mixing bowl, donut pan or oil for frying

Ingredients:

- 1 cup all-purpose flour

- 1/4 cup sugar
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 1/4 cup milk
- 2 tbsp melted butter
- 1 tsp vanilla extract
- Chocolate chunks or spread (for filling)
- Oil for frying or non-stick spray for baking

Instructions:

1. Mix flour, sugar, baking powder, and salt in one bowl.
2. In another, whisk egg, milk, butter, and vanilla.
3. Combine both mixtures into a smooth batter.
4. Fill donut molds halfway, insert chocolate, and top with more batter or shape dough balls around chocolate and fry until golden.
5. Bake at 180°C (350°F) for 10–12 mins or deep-fry until crispy outside.

Snackish Tip: Serve warm with a drizzle of chocolate syrup or dusted with powdered sugar for peak indulgence.

Tags: *Comfort, Binge-Watching, Cheat Snack, Chocolate Craving, Late-Night*

Bonus Craving 7 (Alternate Pair): Popcorn Remix Bites

Because sometimes, your boredom demands a little salt, a little spice, and a lot of crunches.

One craving, two ways — pick your path: Clean or Comfort.

Clean Version: Spicy Turmeric Trail Mix Popcorn

Air-popped goodness tossed with an anti-inflammatory, savory-spicy crunch. Perfect for endless episodes.

- **Prep Time:** 5 minutes
- **Tools:** Air popper or pan, mixing bowl

Ingredients:

- 3 cups air-popped popcorn
- 1/4 cup roasted chickpeas or almonds
- 2 tbsp pumpkin seeds
- 1/4 tsp turmeric

- ¼ tsp cayenne pepper or paprika
- Pinch of black pepper
- Salt to taste
- 1 tsp olive or avocado oil

Instructions:

1. Pop the popcorn using an air popper or dry pan.
2. In a bowl, combine popcorn, roasted chickpeas, and seeds.
3. Drizzle with oil, add spices, and toss until evenly coated.
4. Serve warm and crunchy.

Snackish Tip: Store in a mason jar to stay crispy for the next binge-watch session!

Tags: *Clean, Anti-Inflammatory, High-Fiber, Spicy, Crunchy*

Comfort Version: Nacho Cheese Popcorn Tater Munchies

Loaded with cheesy seasoning, buttery potato sticks, and a smoky crunch dangerously addictive.

- **Prep Time:** 7 minutes
- **Tools:** Pan or popcorn maker, mixing bowl

Ingredients:

- 3 cups butter-popped popcorn
- ½ cup crispy potato sticks (store-bought or air-fried)
- 1 tsp nacho cheese powder or grated cheese + garlic salt
- ¼ tsp smoked paprika
- 1 tbsp melted butter or ghee

Instructions:

1. Pop popcorn with butter or oil.
2. Mix with crispy potato sticks in a large bowl.
3. Sprinkle cheese powder and spices while tossing with melted butter.
4. Mix well and serve immediately caution may disappear fast.

Snackish Tip: Want to level it up? Add crushed tortilla chips or a drizzle of hot cheese sauce on top.

Tags: *Comfort, Salty, Cheese-Lover, Crunch Overload, Movie Snack*

**Date-Almond
Chocolate Truffles**



**Gooey Chocolate-
Stuffed Mini Donuts**



**Spicy Turmeric
Trail Mix Popcorn**



**Nacho Cheese
Popcorn
Tater Munchies**



Craving 8: Hormonal Week

Helpers

(Balancing, Comforting, Mood-Lifting)

Because sometimes cravings come with extra emotions — you deserve snacks that soothe, balance, and comfort you from the inside out.

One craving, two ways — pick your path: Clean or Comfort.

Clean Version: Sweet Potato Seed Crackers with Herb Yogurt Dip

Fiber-rich sweet potato and hormone-friendly seeds come together in a crisp, satisfying bite.

- **Prep Time:** 15 minutes
- **Tools:** Bowl, oven or air fryer

Ingredients:

- 1 medium sweet potato (mashed, cooked)
- 2 tbsp ground flaxseed

- 2 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 3 tbsp oat flour (or almond flour)
- 1/2 tsp rosemary or thyme
- Salt to taste

Instructions:

1. Mix mashed sweet potato with seeds, flaxseed, flour, herbs, and salt into a dough.
2. Roll or press into thin rounds.
3. Bake or air fry at 200°C (400°F) for 12–15 mins until crisp.
4. Serve with a simple dip made of Greek yogurt, lemon, and herbs.

Snackish Tip:

Pumpkin seeds are rich in zinc and magnesium — two nutrients your body craves during hormonal shifts.

Tags: Clean, Hormone-Friendly, Gut Health, Air Fryer

Comfort Version: Cheesy Spinach & Caramelized Onion Quesadillas

Iron-rich spinach and comforting melted cheese in a crispy tortilla warm, filling, and mood-lifting.

- **Prep Time:** 12 minutes
- **Tools:** Skillet, spatula

Ingredients:

- 2 whole wheat tortillas (or regular tortillas)
- 1 cup spinach leaves (lightly sautéed)
- 1/2 cup caramelized onions (slow cooked with a pinch of salt & olive oil)
- 1/2 cup shredded mozzarella or cheddar cheese
- 1/2 tsp chili flakes (optional)
- Olive oil or butter for cooking

Instructions:

5. Heat a skillet and lightly brush with oil or butter.
6. Place one tortilla, sprinkle cheese, add spinach and caramelized onions.
7. Top with more cheese and the second tortilla.
8. Cook on both sides until golden and melty inside.
9. Slice into wedges and serve warm.

Snackish Tip: Add a dash of chili flakes for an endorphin boost spicy food can help with mood swings.

Tags: Comfort, Hormone-Soothing, Cheat Day, Melty Cheese