



HMIT *Opus*
WEIGHT LOSS CHALLENGE

Healthy Snacks

Set aside 30 min of preparation for yourself, and you will be amazed at what you can achieve in the other 1410 min per day

—
Bernie Beyer

Healthy, Low-Calorie Snacks

While snacking on the wrong foods may cause you to pack on weight, choosing the right snacks may promote weight loss.

In fact, research shows that snacking on nutritious foods that are high in fiber and protein helps promote feelings of fullness and may decrease the number of calories you consume in a day

Thankfully, you can choose from a wide variety of delicious, low-calorie yet filling snacks to keep you on track with your wellness goals.

Here are healthy, low-calorie snack ideas.



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1. Veggies and hummus

Eating more veggies can benefit health in countless ways and reduce your risk of many chronic conditions, including heart disease. Still, most people don't eat enough vegetables

Notably, vegetables can be easily paired with a protein source like hummus — a creamy spread made from chickpeas, tahini, olive oil, salt, and lemon juice.

Pairing low-calorie, fiber-rich veggies like broccoli, radishes, celery, or bell peppers with protein-rich hummus makes a satisfying snack that is sure to keep you feeling full in between meals without adding a lot of calories.

For reference, 1 sliced medium carrot served with 2 tablespoons (30 grams) of hummus delivers around 100 calories.



2. Apple slices with natural peanut butter

Though apples are a filling and healthy choice on their own, pairing them with natural peanut butter is an even better option.

Peanut butter is packed with protein, the most filling of the three macronutrients – protein, carbs, and fat. In fact, research shows that adding peanut butter to your diet can help reduce hunger and maintain a healthy body weight

Be sure to choose natural peanut butter that only contains peanuts and salt on the ingredient list and use the recommended serving size of 2 tablespoons (32 grams) to avoid excess calorie consumption.

A small apple served with 2 tablespoons (32 grams) of peanut butter has around 267 calories.



3. Hard-boiled eggs

There's a reason why eggs are often referred to as "nature's multivitamin." One large, hard-boiled egg has just 78 calories – yet is packed with vitamin B12, vitamin A, selenium, phosphorus, healthy fats, and over 6 grams of filling protein.

Hard-boiled eggs are a portable and convenient snack that pairs well with other healthy foods like vegetables, fruits, nuts, and cheese.



4. Homemade energy balls

Energy balls are bite-sized morsels made of nutritious ingredients like oats, nuts, coconut, and dried fruit. Snacking on energy balls packed with protein and fiber can help you stay on track with your health goals.

To make homemade energy balls, simply pulse the following in a food processor:

- 1/4 cup (32 grams) of cashews
- 3/4 cup (107 grams) of almonds
- 1 1/2 cup (240 grams) of dates
- 1/3 cup (30 grams) of shredded unsweetened coconut
- 1 tablespoon (15 ml) of coconut oil
- 1/4 cup (16 grams) of cocoa powder

Roll the mixture into balls and store in the refrigerator for a convenient, wholesome snack. Calorie content varies depending on ingredients and size, but 1 energy ball will usually have around 100 calories.



5. Greek yogurt with berries

Greek yogurt is packed with protein and vital nutrients like calcium, magnesium, and potassium. Meanwhile, berries are loaded with fiber and disease-fighting antioxidants, which help prevent cellular damage in your body

Topping unsweetened Greek yogurt with your choice of berries is a delicious, healthy way to keep hunger at bay while nourishing your body at the same time.

A 7-ounce (200-gram) container of plain Greek yogurt topped with 1/2 cup (70 grams) of blueberries delivers 180 calories.



6. Banana with nut butter

The sweet taste of bananas and the salty, nutty flavor of almond, peanut, or cashew butter makes an excellent snack combination.

Plus, pairing bananas with nut butter makes your snack more filling by bumping up protein and fiber.

Try slicing 1 small banana and topping the rounds with 2 tablespoons (32 grams) of almond butter for a filling snack that packs only 280 calories.



7. Toasted pumpkin seeds

Pumpkin seeds are rich in nutrients, including protein, magnesium, zinc, potassium, copper, and manganese – all of which are vital for keeping your bones strong and healthy)

Try toasting pumpkin seeds at home by tossing raw pumpkin seeds in salt, pepper, and olive oil, then baking at (150°C) for 40–50 minutes, stirring occasionally, or until golden brown. A 1/2-cup (32-gram) serving delivers 143 calories.



8. Figs stuffed with goat cheese

The saltiness of creamy goat cheese pairs well with the sweet flavor and chewiness of figs. Goat cheese is an excellent source of protein, while figs are high in fiber — making them a powerful combination.

To prepare this satisfying snack, top fresh, halved figs with a dollop of goat cheese, then drizzle with olive oil and vinegar. One large fig stuffed with 1 ounce (28 grams) of goat cheese provides 150 calories.



9. Protein-packed smoothies

Smoothies are a perfect way to add more vegetables, fruits, and healthy protein sources to your diet.

Create a protein-packed, nutrient-dense smoothie by combining a leafy green like kale with frozen berries and a scoop of protein powder, such as pea, whey, or hemp protein, and blend with a liquid of your choice, such as water or nut milk.

Nut butters, chia seeds, coconut, cacao nibs, and flax seeds are additional ingredients that can be added to smoothies for an extra boost of nutrition. Calorie content can vary widely depending on your ingredients.

For low-calorie smoothies, use greens, berries, and protein powder and leave out high-calorie ingredients like nut butter and coconut.



10. Ants on a log

Ants on a log – or celery sticks packed with peanut butter and topped with raisins – is a popular sweet-yet-savory snack that is sure to satisfy your hunger.

Celery and raisins are high in fiber, while peanut butter rounds out this delicious treat with a plant-based source of protein.

One large stalk of celery (64 grams) topped with 1 tablespoon (16 grams) of peanut butter and 1 tablespoon (10 grams) of raisins provides 156 calories.



11. Chicken salad on cucumber slices

Chicken salad is a tasty, filling dish that can be enjoyed both as a meal and a snack. It can be prepared with mayonnaise or smashed avocado and mixed with fresh herbs or chopped veggies, such as scallions, parsley, and celery.

Spoon this high-protein combination on low-calorie, fiber-rich cucumber slices for a filling snack. A 1/4 cup (58 grams) of chicken salad made with mayonnaise with half of a sliced cucumber (118 grams) provides 228 calories.



12. Kale chips

There's no question that kale is rich in vitamins, minerals, fiber, and antioxidants. Yet, some people may not like the taste of raw kale

Tossing raw pieces of kale with olive oil, salt, and pepper, then baking in a (135°C) oven for 20 minutes produces crispy kale chips that can be enjoyed any time as a quick snack. One ounce (28 grams) of store-bought kale chips provides around 122 calories.



13. Chia pudding

Chia seeds are tiny, black seeds that are rich in healthy fats, fiber, protein, calcium, and magnesium. They expand when soaked in liquid, creating a gelatinous mixture that can help keep you satisfied between meals

Make chia pudding by combining these ingredients in a bowl:

- 1/2 cup (60 grams) of chia seeds
- 1 1/2 cups (375 ml) of nut milk
- 1 teaspoon of vanilla extract
- 1 tablespoon (15 ml) of maple syrup

Refrigerate the mix overnight and top with berries, nut butter, seeds, or coconut for a balanced snack. Most homemade chia pudding recipes have 200–400 calories per cup (240 ml) depending on the ingredients used.



14. Strawberries with coconut whipped cream

If you're in the mood for something sweet, pairing juicy strawberries with homemade coconut whipped cream can satisfy your cravings in a healthy way.

To prepare homemade coconut cream, simply beat a can of chilled coconut cream in a stand mixer until peaks form. The whipped cream can be flavored by adding vanilla extract or a bit of maple syrup.

A 1-cup (140-gram) serving of sliced strawberries topped with 2 tablespoons (30 grams) of fresh coconut whipped cream delivers 218 calories.



15. Roasted almonds with dried cherries

Almonds are an excellent source of protein, fiber, and magnesium, while dried cherries are loaded with fiber and vitamin A. Their flavors complement one another and make a perfect combination.

Cherries also have powerful anti-inflammatory properties due to their high antioxidant content

Human studies suggest that consuming both almonds and cherries may help reduce your risk of certain conditions, including heart disease and diabetes

A 1/4-cup (28-gram) serving of almonds mixed with 1/4 cup (40 grams) of dried cherries packs 290 calories.



16. Sardines

Though perhaps not the most popular snack food, sardines are a concentrated source of protein, calcium, iron, vitamin D, vitamin B12, selenium, and countless other important nutrients.

They're also an excellent source of omega-3 fatty acids, a special type of fat that has powerful anti-inflammatory properties and is especially beneficial for heart health. Enjoy sardines straight out of the can or pile them on hearty crackers for a filling snack

One can (106 grams) of sardines has only 151 calories.



17. Caprese salad

The flavorful combination of mozzarella cheese, juicy tomatoes, and fresh basil is sure to please even the pickiest eater.

For a simple yet filling work-friendly snack, combine mozzarella balls, cherry tomatoes, and fresh, chopped basil in a glass jar. Top with a drizzle of extra virgin olive oil and a pinch of sea salt and store in your work refrigerator until hunger strikes.

A premade, store-bought Caprese salad is also an excellent snack choice, with a 2-ounce (58-gram) serving delivering just 142 calories.



18. Shrimp cocktail

Shrimp are not only low in calories – with 3 ounces (85 grams) providing just 80 calories – but also packed with nutrients, including protein, iron, selenium, and vitamin B12.

Munching on a few shrimps paired with low-calorie cocktail sauce made with horseradish, unsweetened ketchup, lemon juice, Worcestershire sauce, and hot sauce is a smart snacking choice sure to keep your hunger at bay.



19. Vegetable soup

Having a cup or bowl of vegetable soup for a snack can help keep you full while providing your body with a variety of nutrients and beneficial plant compounds.

Studies show that eating vegetable-based soups before meals can reduce food intake by as much as 20%

Snack on broth-based or pureed vegetable soups to increase your veggie intake while keeping calorie intake in check. A 1-cup (240-ml) serving of broth-based vegetable soup typically has fewer than 100 calories.



20. Green salad with protein

Snacking on a green salad topped with colorful vegetables and a hearty protein source is one of the healthiest snacks that you can eat.

Try pairing dark leafy greens like arugula or spinach with brightly colored, non-starchy vegetables, such as bell peppers, onions, or radishes. Then add a filling protein source like hard-boiled eggs, pumpkin seeds, or grilled salmon.

Top with extra virgin olive oil and balsamic vinegar or make your own dressing packed with healthy fats by blending 1/4 of an avocado with olive oil, Greek yogurt, lemon juice, chopped garlic, salt, and pepper.

The calorie content of green salads can vary widely depending on your toppings and dressing choice.



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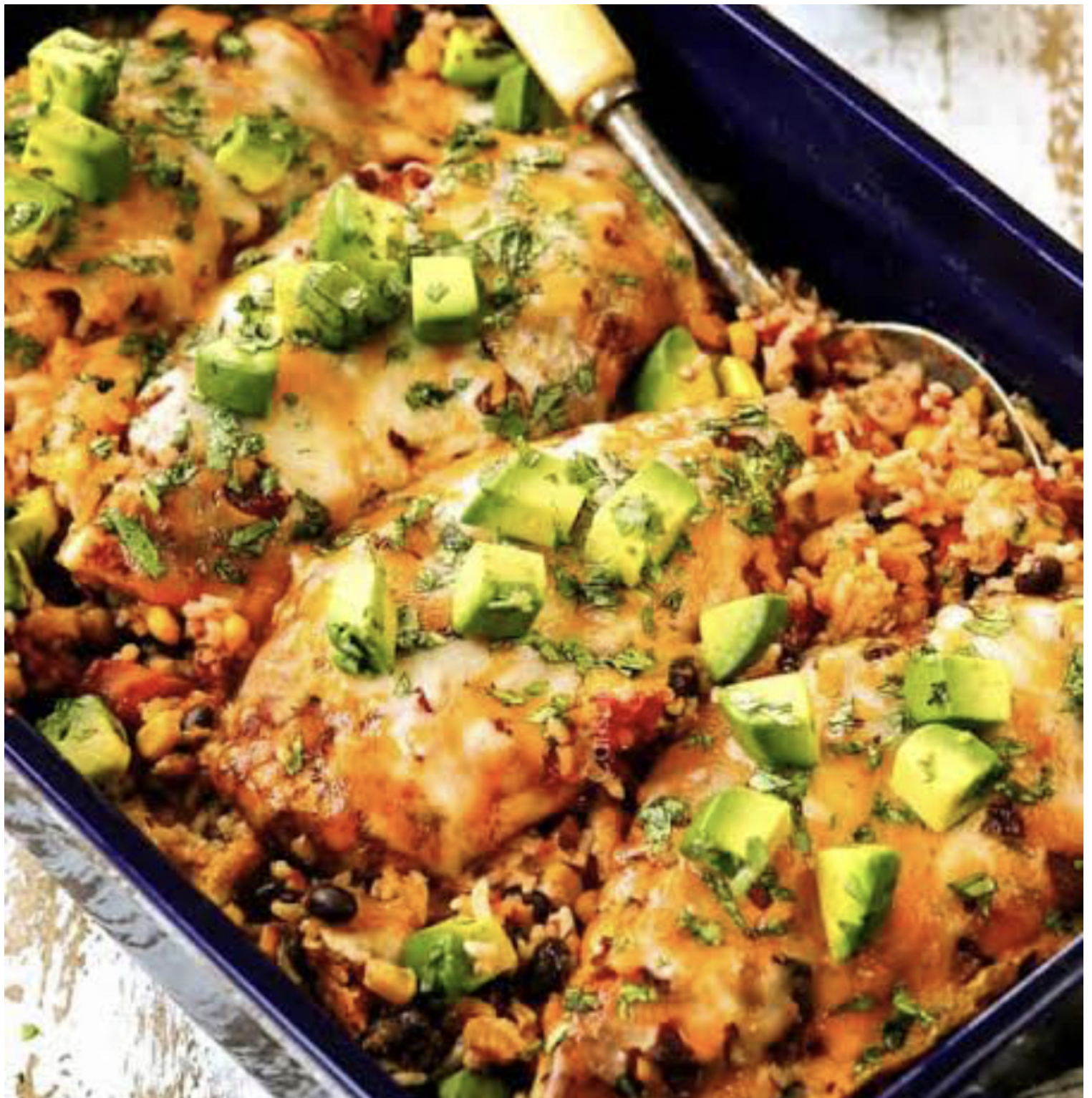
Recipe Pack

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Chicken Salsa

Preparation:

- Sprinkle Texan chicken mix on chicken breast.
- Rub a bit of olive oil and grill in the oven till cooked.
(let it cool down)

Chop 1 apple, 1 peach, 6 baby corn and a punnet of green mange spouts into a bowl and chop two of the chicken breast on top for the salsa.

(Mix 4 tbs of plain yoghurt + 1 tbs of flax oil over the mixture and enjoy)

Calories per serving: 380 | Protein: 30g | Carbs: 20g | Fats: 15g



Apple & Peanut Yoghurt Dip

Preparation:

- Mix 1 tbs peanut butter, juice of 1 lemon and sweetener to taste in 125ml plain yoghurt
- Slice or chop one apple into wedges (or cubs) and use as dip or mix it all together

Calories per serving: 231 | Protein: 10g | Carbs: 42g | Fats: 8g



Tiramisu & Sponge Cake

Tiramisu

What you need:

- 360ml black coffee + sweetener to taste (about 6-8, must be very sweet)
- 200g plain cream cheese
- 1 tub fat free cottage cheese
- 1 tsp vanilla essence
- Sweetener Equivalent to 8 tsp sugar
- 1 tbs highlight Hot chocolate drinking powder

Sponge Cake

What you need:

- 5 eggs
- 2/3 cup Orgran plain flour / oats flour
- ½ cup custard powder
- 1 pkt Sugar Lite from Hulette
- 1 tsp baking powder

Preparation Method for Tiramisu:

- Cut sponge cake (once cooled down) into 2 layers to create 4 layers of cake in total.
- Cut each layer into 1/3 and place one in each dessert bowl (I just made 2 layers that look like a cake).
- Pour 1 tsp of coffee over each piece.
- Beat cheeses, sweetener and vanilla essence until smooth and spread over coffee.
- Repeat layers of cake, coffee and cheese for 2 layers , cheese must be on top and sprinkle chocolate powder on top.

**This can make up to 8 pieces*

Preparation Method the Sponge Cake:

- Beat eggs till stiff and foamy (About 8 minutes. Very important to make the cake spungy)
- Beat Sugar lite into egg , bit by bit, till all is used.
- In separate bowl sift flour, custard power and baking powder 3 times then fold into egg mixture with wooden spoon, bit by bit.
- Pour mixture into 2 greased square baking pans and bake for 15 – 20 minute.

** Heat stove to 180 degrees.*

Calories per serving: 185 | Protein: 25g | Carbs: 10g | Fat: 5g



Chocolate Brownies

What you need:

- 1 cup Orgran flour
- 2 pkt Sugar Lite from Hulettes
- 3 eggs lightly beaten
- 150g butter or can use coconut butter from Crede
- 125g Canderel dark chocolate
- ¼ cup cocoa powder (20g)
- 1 stp vanilla essence

Preparation method for Chocolate brownies

- Bring small pan of water to simmer, put butter and chocolate in heat proof bowl.
- Place the bowl over the pan and let the butter and chocolate melt, stir occasionally.
- Remove from heat and cool slightly.
- In large bowl whisk eggs, sweetener and vanilla.
- Add melted chocolate mixture and whisk together.
- Stir in combined sifted flour and cocoa.
- Pour into greased tin and bake for 40 min till done.
- Leave to cool on rack.
- Cut into squares.

Variations: for nut brownies, add 1 cup chopped macadamias, walnuts or pecan nuts
For white brownies use white diabetic chocolate



Chicken Alternative

What you need:

- 400g chicken breast
- 10ml olive oil
- 15ml grated garlic and ginger mix
- 5ml Pobersons Peri-Peri spice
- 250ml plain yoghurt
- 80ml chopped chives
- 2 limes, juiced
- 4 tortilla wraps

Preparation method for the Chicken Alternative

Brush chicken fillets with garlic, ginger mix and the olive oil and sprinkle spices on and grill in the oven till cooked (about 15 – 20 min).

In separate bowl, mix yoghurt, chives and lemon juice. Cut breast into stripes and top tortilla up with chicken. Can add lettuce and chopped green peppers and drizzle yoghurt source over it

*** PLEASE NOTE: To do a carb free meal you can just leave the tortilla out.**



Egg - xciting winter omelette

What you need:

- ½ cup chopped asparagus or can use spinach leaves if you don't like asparagus
- ½ cup mushrooms
- 4 egg whites
- ¼ tsp dried dill
- Pinch of salt
- 1 tomato , chopped
- 60g grated mozzarella cheese

Preparation method for omelette

- Placed chopped asparagus / spinach leaves and mushrooms in little bit of water in a non- stick pan and sauté over low heat till tender, remove, from heat.
- In small bowl, whisk egg whites and dill together and add salt.
- Heat pan again and pour in liquid once the pan is heated, place a lid on top, and cook for a minute without stirring.
- Scatter asparagus mixture over omelette and add tomato on top and cheese must go last. Cover it again with the lid and let it cook till cheese has melted.
- Flip half of the omelette and serve

Calories per serving: 180 | Protein 24g | Carbs 9g | fat 15g



Chicken Scramble

What you need:

- 120g chicken fillet, cut into small strips
- 2 tbs onion, chopped
- 1 cup mushrooms, chopped
- 3 egg whites
- 1 slice ray toast
- 1 tsp butter

Preparation method for Chicken Scramble

- Brown chicken in the little bit of butter in a non stick pan.
- Add onion and mushrooms once chicken is cooked.
- Add egg whites and scramble, stirring with wooden spoon until coked.
- Top with some salsa and serve on toast.

Calories per serving: 356 | Protein 36g | Carbs 22g | fat 13g



Protein Muffins

What you need:

- 1 cup oats (80g)
- 1 cup mielie meal (120g)
- 4 cups digestive bran
- ½ cup linseeds or pecan nuts (optional)
- 6 egg whites
- 1 ½ scp whey protein
- 1 tbs coffee powder (optional) if you want chocolate muffin, then 1tbs cocoa powder or for plain leave both out
- 8 sweetener sachet's (or to taste)
- 1 ½ tsp baking powder
- 1 ½ tsp bicarb

Preparation method for Protein Muffins

Beat egg white till puffy, add 2 cups water to that and blend. Mix all dry ingredients into the egg / water mixture and fold with wooden spoon till well mixed. If mixture is too dry add more water to it, till nice and soft. Scoop mixture into muffin tins that have been coated with spray and cooked (about 12 muffins) and bake in pre-heated oven at 180 degrees for about 20 mins.



Sven's High Protein Muffins

What you need:

- 4 cups digestive bran
- 2 cups water
- 1 cup oats
- $\frac{1}{2}$ cup rye flour
- $\frac{1}{2}$ cup oats flour
- 5 small scoops chocolate whey protein
- 100g pecan nuts
- 3tsp baking powder
- 250g fat free cottage cheese (for those of you with no dairy intolerance)
- 2 whole eggs and 6 whites
- 2 tsp Natreen liquid sweetener (or you can use the 8 sachet's)
- Juice of one lemon
- 3 tbs cocoa powder
- $\frac{1}{4}$ cup boiling water

Preparation method for Sven's High Protein Muffins

Mix cocoa powder in boiling water.

Chop nuts in a blender or crush with a knife in the packet, into little pieces.

Mix together all dry ingredients plus nuts.

Mix together wet ingredients and add cocoa mixture.

Fold wet ingredients into dry ingredients. NOTE: mixture is quite running.

Divide into 12 large muffins and bake at 190 degrees for 25 minutes.



Sugar Free Cheesecake

What you need for:

The Crust:

- 4 – 5 rye vita, crumbed (if you want it to be wheat free too)
- 120g omega 3 & 6 margarine
- Pinch ground cinnamon
- ½ tps coffee powder (optional) and ½ tsp cocoa powder and about 3 – 4 sachets of sweetener or ½ tsp splenda

(Brush a round spring form tin with oil or marg. Line base with paper. Combine all ingredients and press down on tin to cover the whole base.)

The filling:

- 2 tubs fat free smooth cottage cheese + ½ tub cream cheese
- 2 eggs
- splenda to taste or 4 sachets sweetener
- ½ tsp vanilla essence
- 1 tablespoon cocoa powder + 1 teaspoon coffee powder (optional)
- 220g canderel dark chocolate , chopped and melted

Preparation method for Sugar Free Cheesecake

Preheat oven to 180 degrees. Use electric beater and beat cottage cheese, cream cheese until light and creamy. Gradually add eggs, sweetener, essence, cocoa and coffee. Beat until well blended. On low speed, add chocolate, and blend. Pour mixture in tin, smooth surface and bake for 45 min or until set. Cool and refrigerate.

For a plain flavour, just leave out the chocolate, cocoa and coffee and add the rind or 1 grated lemon and the juice of ½ of it.



Fridge Cheesecake

What you need for:

The Crust:

- 4 – 5 rye vita, crumbed (if you want it to be wheat free too)
- 120g omega 3 & 6 margarine
- Pinch ground cinnamon
- ½ tps coffee powder (optional) and ½ tsp cocoa powder and about 3 – 4 sachets of sweetener or ½ tsp splenda

(Brush a round spring form tin with oil or marg. Line base with paper. Combine all ingredients and press down on tin to cover the whole base.)

The filling:

- 2 tubs smooth fat free cottage cheese + ½ tub cream cheese (plain)
Sweetener to taste
- 1 tbs gelatine + ¼ cup water (sprinkle the gelatine over the water in a bowl and stand the bowl in boiling water until dissolved.)
- ½ tsp vanilla essence

(Rind of one lemon and juice of ½ of it

Just mix all ingredients as per top one and refrigerate until it has set.)



thesugarfreediva

Sugar Free Truffle

What you need:

- 1 sponge cake
- 1 pkt of red and 1 pkt of green weigh less jelly (and make as on instructions)
- 1 tin of Nutralite fruit
- 2 litres of Ultramel Lite Custard
- 1 x 100g pkt walnuts
- one truffle bowl of your choice

Preparation method for Sugar Free Truffle

Cut the sponge cake into slices and place at the bottom of the bowl. Cover with Nutra Lite fruit and some of the syrup. Take a knife through the settled jelly to create little blocks, and scoop in a couple of spoons of die 2 different colours on top of the fruit, then follow with the it Ultramel Lite Custard an sprinkle some nuts, about 1/3 of the 100g packet. Then repeat layers starting again with the sponge cake, ect ect , until you end with the custard on top and decorate the last couple of nuts on the top. You can also add some cherries of you like. . . and ENJOY!

List of sugar-free cocktails one can make with all Chelè's new sugar free range:

- 1) 1 tot brandy and 1 tin of Chele's sugar free Cola
- 2) 1 tot Vodka and 1 tin of Chele's dry lemonade
- 3) 1 tot Gin with 1 tin of Chele's sugar free tonic water
- 4) 1 tot Vodka with 1 tin of Chele's sugar free ginger ale and then top it up with sugar free lemonade (This gives you an unusual refreshing taste!)

To make cocktails, you can just add a 1/3 glass of weigh-less passion fruit to any of these drinks. All this with only the calories of the alcohol coming in, NO EXTRA SUGARS, and then the trick is not to eat starch with your alcohol !!!! So enjoy a great braai with your friends and have meat / fish / chicken on the braai with a nice green, mixed salad....and enjoy!!! You can have 3 of these tots to make up the same calories as one glass of wine.

Have a great, HAPPY, Festive Season.

God Bless
Bernie

New: Healthy and easy to make recipes

Chip and dip:

1 tub fat free cottage cheese, add 2 tbs of any type of tomato pasta type sauce or even salsa (gives it a bite) and stir it through the cottage cheese, till well mixed and have with your favourite crisps (mine is the blue Doritos).

Low Fat Lasagne:

Switch oven on to warm up till 180 degrees. Heat a little bit of oil in a pan and braise 200g extra lean mince until brown. Add tomato and onion mix, origanum, coriander and salt and pepper to taste. Close it and let it simmer while making the white sauce.

Low fat white sauce: (can also use over broccoli and cauliflower or fish)

Pour 250ml skim milk in a microwave bowl. Stir in 2 tbs maizina (not flour, to keep it wheat free) and cook in microwave for 1 min at high, stir again (just make sure it does not get lumpy...if 1 min is too long do 30 sec then stir) and repeat until nice and thick. Add 30g grated cheese for flavour and if you like, some aromats or parmesan cheese, and stir it through.

Layers:

Take 1 tub fat free cottage cheese and add about ¼ cup skim milk to it and stir it till it is smooth and able to spread it over the mince. So to make the layers you start with the mince, then spread cottage cheese over that, add one layer of lasagne, pour over cheese sauce, one more layer of lasagne, and start with mince again and repeat until ingredients is done. You end off with the cheese sauce on top and can then sprinkle a bit of cheese on or paprika. Cover it with foil and back in the oven at 180 degrees until cooked (about 30 min).

Great winter slow carb soups:

Take a broccoli head, cauliflower head, two carrot, 2 celery sticks, some radishes (if you can find). Can add tomatoes if you like and just boil it up in a pot with lots of water little very soft. Mash it with a potato masher and add Worcester sauce to taste.

Or you can use some of the ready-made minestrone soups, broccoli soups or even a bit of butternut soup, but just dilute it with extra boiling water. You can have this with your meal or have 2 rylvitas with cheese on with this during the day, or one slice of toast with cheese on it, with the soup.

Rye toast:

1 slice rye toast, with 3 nice strips of biltong and melted mozzarella cheese on top of that.



Toasted Sandwich

Toasted, wheat free, corn bread with peanut butter and “nutralite” jam (sugar free) or you can top the bread with fat free cottage cheese, peanut butter and jam.



Cheesecake

Fat free, smooth cottage cheese cheesecake made with lowcal jelly (just use ½ the amount of liquid to make the jelly and beat it into the cottage cheese, leave to settle.



Porridge

Mielie meal porridge: take ½ cup raw mielie meal, add little water and stir till smooth, then cook 30sec in the microwave, stir, cook another 30sec, stir and repeat until it thickens and has a smooth texture. You can just add sweetener to it and 30g of nuts or, to increase protein add 1scp whey protein to it without the sweetener.



Ryvita snack

Wheat free ryvita’s with cheese and cocktail tomatoes with salt and black pepper to taste.



Easy snacks

1 Fruit + 30g nuts,
Fat free yoghurt with 30g nuts (almonds taste the best)
Peanuts and raisins as a snack