



MY FAVORITE

SIMPLE, HEALTHY
ENDOMETRIOSIS
FRIENDLY
SNACKS

Season Winter

Season Winter Inc.

Hello!

Thank you for downloading my ebook. Here you will find some of my favorite, delicious endo friendly recipes.

As a Endometriosis Nutrition Coach and through my own personal journey with Endometriosis, I understand how difficult it can be to find a simple, healthy endo friendly snack.

Which is why I decided to share a couple of my favorite snacks!

I hope you enjoy them as much as I do!

Wishing you health & happiness

Season Winter

Classic Yummy Hummus

Hummus happens to be one of my favorite snacks. It's super easy to make, is gluten-free, and dairy-free, which is great for keeping inflammation down in my body.

You can snack on hummus with veggie sticks like carrots, celery, green beans, snap peas, and cucumbers. You can also opt for gluten-free crackers or regular pita bread if you're not following gluten-free.



What you'll need:

- 1 1/2 Cups of Organic Chickpeas, drained & rinsed
- 2 cloves of garlic, crushed
- 1/2 cup of filtered water.
- 1/4 cup of tahini (sesame seed paste)
- 1/2 Fresh lemon, juiced.
- 2 Tbsp extra virgin olive oil
- 3/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp cumin
- Paprika

How to make:

Place garlic in the food processor and chop, scraping down the sides. Add chickpeas, tahini, lemon juice, extra virgin olive oil, salt, pepper, and cumin to the food processor, blend on a high setting. Slowly add the water until it is a smooth, creamy consistency. Scoop out into a serving bowl. Sprinkle paprika and drizzle a little extra virgin olive oil.

Serve with carrots, celery, cucumbers, green beans, or snap pea. Add on top of baked/grilled chicken for a flavorful dish.

Enjoy!

Dark Chocolate Almond Balls

Who doesn't love chocolate?

I mean when you are just having one of those days & chocolate can make it better. Why not!

These dark chocolate almond balls are great! I keep them in my fridge for days when I feel I need something a little sweeter. Best part I don't feel guilty after eating them! They are gluten-free & dairy-free as well.

What you'll need:

- 1/4 lbs of dark chocolate
- 2 cups of almond, raw
- 4 tbsp of coconut oil, organic
- 2 tbsp of honey, raw



How to make:

Break up the dark chocolate into small pieces, approximately 2 x 2 cm. Add all ingredients into a food processor, using a medium to high-speed blend until thoroughly mixed.

Roll mixture into even-sized balls and place on a baking sheet.

Freeze balls for at least 1 hour before serving.

Store remaining dark chocolate almond balls in a tight seal container, in the freezer or refrigerator.

Yummy!

Acai Bowl

Did you jump on the Acai Bowl bandwagon?

I did, especially in the warmer weather. I just can't resist a nice cooling, healthy Acai Bowl. I altered this to be dairy-free by opting to use non-dairy milk, like almond milk, oat milk, or coconut milk.

With this easy recipe, you can now make your own Acai bowls at home, any time. Not only are you able to control what you put it in but you'll be saving money as well! Its a win-win!



What you'll need:

- 1 packet of frozen, organic acai berry, unsweetened.
- 2 handfuls of organic spinach
- 1 frozen banana
- 1/2 cup of non-dairy milk, unsweetened
- 2 tbsp chia seeds
- sprinkle of cinnamon
- ice, as needed for thickness

How to make:

Soak chia seeds in a little of the non-dairy milk for at least 20 minutes..

Add all the ingredients into a high-speed blender, blend until it is a thick & creamy consistency.

The mixture should be thick enough to stay on a spoon. If the mixture is too thick add a little more non-dairy milk. If it is too thin add more ice to thicken.

Scoop mixture into a bowl to be served immediately.

Top with some of your favorites like fresh berries, banana, shredded coconut, nut butter, or nuts.

Delicious!