

Packing Healthy Snacks for Work

Chocolate Oatmeal Zucchini Almond Cookies

- 1 cup rolled oats - gluten free if needed.
- 1 banana
- 1/2 cup almond butter
- 2 zucchinis
- 1/4 c maca powder
- 1/4 cup cocoa powder
- 1/2 cup almond flour
- 1/4-1/2 c unsweetened coconut

1. preheat oven to 350
 2. cut up zucchini into 1/2 pieces
 3. put zucchini in food processor and pulse until well chopped. add all other ingredients and combine.
 4. Spoon batter into cookies on parchment paper lined cookie sheets.
 5. bake for 25 minutes (if cookies are large - I made mine with an ice cream scoop) then flip over and bake for another 5.
- Cool before eating.

These are VERY chocolatey. So, if you don't love chocolate you might use less cocoa powder.

Keep at Your Desk

Start with a small container you can keep in a drawer, in your locker or at your desk

1. Non-dairy shelf stable milk - to drink on its own or use in a shake or oatmeal
2. Protein powder and re-usable shaker bottle (for a shake)
3. Roasted edamame or nuts
4. Single serving oatmeal packets or cups
5. Freeze dried fruit
6. Unsweetened apple sauce
7. Healthy soup
8. Powdered peanut butter
9. Herbal tea

Watch a video on packing a snack box for work:

https://www.youtube.com/watch?v=mQd2cp5PI_M

