

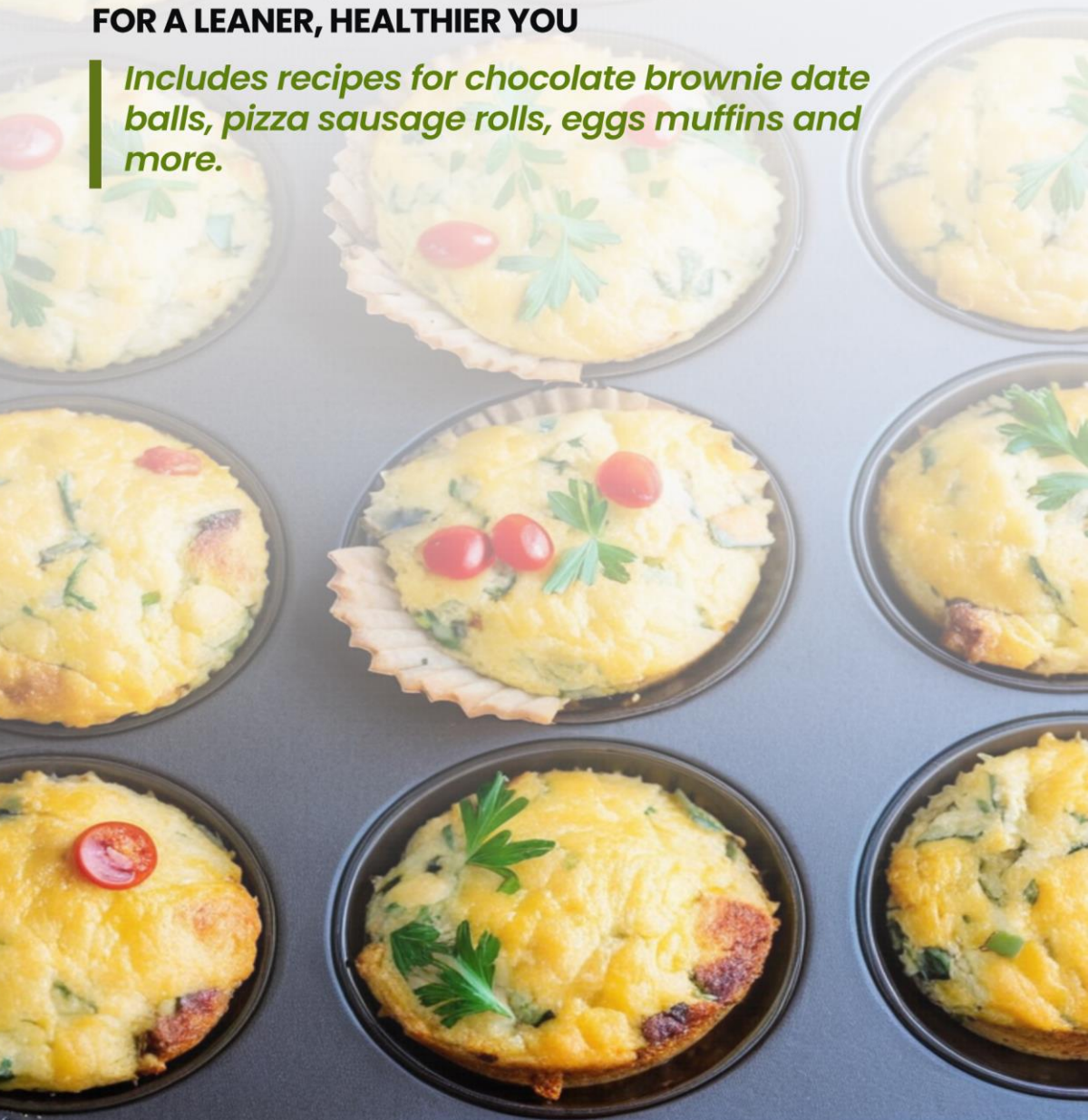
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BY GLENDA THOMPSON

# 20X FAT BURNING SNACK RECIPES

**SNACK SMART, BURN FAT: DELICIOUSLY SIMPLE RECIPES FOR A LEANER, HEALTHIER YOU**

*Includes recipes for chocolate brownie date balls, pizza sausage rolls, eggs muffins and more.*



# **Fat Burning Snacks**

Snack Smart, Burn Fat: Deliciously  
Simple Recipes for a Leaner, Healthier  
You

By Glenda Thompson

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# Introduction

Inside this cookbook you'll discover easy, quick to prepare recipes for snacks that will satisfy your cravings while helping you to lose weight.

Because unlike cookies, cakes and potato chips, these snacks are all low-carb, high-protein. This means they'll fuel your body while burning fat. Say goodbye to hunger pangs and hello to sustained energy.

Whether you're a busy professional looking for quick, energy-boosting pick-me-up or are eager to lose weight without sacrificing taste, this cookbook is packed with fat burning snacks you'll love.

The recipes inside this cookbook include Chocolate Brownie Date Balls, the savory delight of Pizza Sausage Rolls, Creamy Greek Yogurt Parfait and crunchy Edamame Hummus and Veggies.

Try these recipes out and discover how eating high-protein, low-carb snacks can help you feel energized and satisfied, while losing lots of weight.

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# Chocolate Brownie Date Balls

**Serves:** 2 people | **Prep time:** 15 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	7 grams	10 grams	4 grams

## INGREDIENTS

- 1 cup dates, pitted
- 1/2 cup almonds
- 2 tbsp cocoa powder, unsweetened
- 1 scoop protein powder, chocolate-flavored
- 1 tbsp chia seeds
- A pinch of salt

## INSTRUCTIONS

1. Place the almonds in a food processor and pulse until finely chopped.
2. Add the dates, cocoa powder, protein powder, chia seeds, and a pinch of salt to the food processor.
3. Process until the mixture starts to come together into a sticky dough.
4. Take small amounts of the mixture and roll into balls.
5. Place the balls on a baking sheet lined with parchment paper and refrigerate for at least one hour before serving.





# Pizza Sausage Rolls

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 20 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
250 kcal	18 grams	4 grams	20 grams

## INGREDIENTS

- 1 lb Italian sausage, casing removed
- 1/4 cup almond flour
- 1 cup mozzarella cheese, grated
- 1/2 cup pepperoni, chopped
- 1 tbsp Italian seasoning
- 1/4 cup low-carb marinara sauce
- 1 egg, beaten (for egg wash)

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the Italian sausage, almond flour, half of the mozzarella, pepperoni, and Italian seasoning.
3. Divide the mixture into 4 equal portions and shape each into a roll.
4. Place the rolls onto the prepared baking sheet.
5. Brush each roll with the beaten egg and sprinkle the remaining mozzarella on top.
6. Cook in the preheated oven for 20 minutes or until the rolls are golden and cooked through.
7. Serve with low-carb marinara sauce for dipping.



# Cheese Crisps

**Serves:** 2 | **Prep time:** 5 mins | **Cook time:** 10 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
110 kcal	9 grams	1 gram	7 grams

## INGREDIENTS

- 1 cup cheddar cheese, shredded
- 1/2 teaspoon paprika (optional)

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Measure 1 tablespoon portions of the cheddar cheese, and place them on the baking sheet, leaving some space between each portion.
3. Flatten the tops slightly and sprinkle with paprika if using.
4. Cook in the preheated oven for 8-10 minutes, or until the edges begin to brown and the cheese crisps up.
5. Let them cool for 5 minutes on the baking sheet before transferring to a plate or a rack to cool completely. They will continue to crisp up as they cool.



# Egg Muffins

**Serves:** 6 | **Prep time:** 5 mins | **Cook time:** 20 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
150 kcal	10 grams	2 grams	12 grams

## INGREDIENTS

- 6 large eggs
- 1/4 cup milk (any kind, for dairy-free opt for almond or coconut milk)
- 1/2 cup spinach, finely chopped
- 1/4 cup red bell pepper, diced
- 1/4 cup shredded cheddar cheese
- Salt and pepper, to taste
- Non-stick cooking spray

## INSTRUCTIONS

1. Preheat the oven to 375°F (190°C) and spray a muffin tin with non-stick cooking spray.
2. In a large bowl, whisk together eggs and milk. Season with salt and pepper.
3. Stir in the spinach, bell pepper, and cheese.
4. Divide the mixture among the muffin cups.
5. Cook in the preheated oven for 18–20 minutes, or until the muffins are set and lightly golden on top.
6. Let them cool for a few minutes before removing from the tin. Serve warm or at room temperature.



# Greek Yogurt Parfait

**Serves:** 2 people | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
200 kcal	4 grams	25 grams	15 grams

## INGREDIENTS

- 1 cup Greek yogurt, unsweetened
- 1/2 cup granola, low-sugar
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon honey (optional)

## INSTRUCTIONS

1. In two glasses or bowls, layer 1/4 cup of Greek yogurt at the bottom.
2. Add a layer of granola (about 2 tablespoons per glass) on top of the yogurt.
3. Add a layer of mixed berries.
4. Repeat the layers until all ingredients are used up.
5. Drizzle the top with honey if desired.
6. Serve immediately or chill until ready to serve.





# Tuna Salad Celery Boats

**Serves:** 4 | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	4 grams	3 grams	14 grams

## INGREDIENTS

- 1 can (5 oz) tuna, drained
- 1/4 cup mayonnaise, low-fat
- 2 tablespoons red onion, finely chopped
- 1 tablespoon capers, rinsed and chopped
- 1 tablespoon lemon juice
- Salt and pepper, to taste
- 8 celery stalks, washed and trimmed

## INSTRUCTIONS

1. In a mixing bowl, combine the tuna, mayonnaise, red onion, capers, and lemon juice. Season with salt and pepper to taste.
2. Mix until well combined.
3. Fill each celery stalk with the tuna salad mixture, creating "boats."
4. Serve immediately or refrigerate until ready to serve.



# Peanut Butter Protein Bars

**Serves:** 8 | **Prep time:** 15 mins | **Chill time:** 2 hours

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
220 kcal	12 grams	15 grams	10 grams

## INGREDIENTS

- 1 cup oats, quick-cooking
- 1/2 cup natural peanut butter
- 1/4 cup honey or agave syrup
- 1 scoop protein powder, vanilla or chocolate flavored
- 1/4 cup milk (any kind)
- 1/4 cup dark chocolate chips (optional)

## INSTRUCTIONS

1. In a large bowl, mix together the oats, peanut butter, honey, protein powder, and milk until well combined. If the mixture seems too dry, add a little more milk; it should be sticky but manageable.
2. Stir in the dark chocolate chips if using.
3. Line an 8x8 inch (20x20 cm) pan with parchment paper and press the mixture firmly into the pan.
4. Chill in the refrigerator for at least 2 hours, or until firm.
5. Cut into 8 bars and serve. Store any leftovers in the refrigerator.



# Turkey Roll Ups

**Serves:** 4 people | **Prep time:** 10 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
90 kcal	2 grams	1 grams	15 grams

## INGREDIENTS

- 8 slices turkey breast, thin and cooked
- 4 sticks string cheese
- 1 avocado, sliced thinly
- 1/4 cup spinach leaves, raw
- 1 tablespoon mustard or hummus (optional)

## INSTRUCTIONS

1. Lay out the turkey slices on a clean surface.
2. If using mustard or hummus, spread a thin layer on each turkey slice.
3. Place a stick of string cheese at one end of a turkey slice. Add a couple of avocado slices and a few spinach leaves on top.
4. Carefully roll the turkey slice around the cheese, avocado, and spinach, creating a tight wrap.
5. Repeat with the remaining ingredients.
6. Serve immediately, or you can chill them in the refrigerator for about 30 minutes before serving if you prefer them cold.



# Cottage Cheese and Fruit

**Serves:** 2 | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
180 kcal	2 grams	20 grams	20 grams

## INGREDIENTS

- 1 cup cottage cheese, low-fat
- 1 cup mixed fresh fruit (e.g., berries, peach slices, pineapple)
- 1 tablespoon honey or maple syrup (optional)
- A sprinkle of cinnamon (optional)

## INSTRUCTIONS

1. Divide the cottage cheese between two bowls.
2. Top the cottage cheese with a mixed variety of fresh fruit.
3. Drizzle honey or maple syrup over the top if using. Sprinkle with a little cinnamon for added flavor if desired.
4. Serve immediately for a refreshing and protein-rich snack or dessert.





# Edamame Hummus and Veggies

**Serves:** 4 | **Prep time:** 15 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
150 kcal	9 gram	9 grams	8 grams

## INGREDIENTS

- 2 cups edamame, shelled and cooked
- 2 tablespoons tahini
- 1 garlic clove, minced
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- Salt and pepper, to taste
- Assorted raw vegetables (e.g., carrot sticks, cucumber slices, bell pepper strips) for dipping

## INSTRUCTIONS

1. In the bowl of a food processor, combine the edamame, tahini, minced garlic, lemon juice, and olive oil. Season with salt and pepper.
2. Process until smooth and creamy, scraping down the sides as necessary. If the hummus is too thick, you can add a little water or additional olive oil to reach your desired consistency.
3. Transfer the hummus to a serving bowl and serve with an assortment of raw vegetables for dipping.
4. The hummus can be stored in an airtight container in the refrigerator for up to 4 days.



# Avocado Deviled Eggs

**Serves:** 6 | **Prep time:** 15 minutes | **Cook time:** 10 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
80 kcal	7 grams	1 grams	3 grams

## INGREDIENTS

- 6 large eggs, hard-boiled and peeled
- 1 ripe avocado, mashed
- 1 tablespoon lime juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Paprika, for garnish

## INSTRUCTIONS

1. Cut the hard-boiled eggs in half lengthwise and remove the yolks.
2. In a bowl, mash the avocado with the egg yolks, lime juice, garlic powder, salt, and pepper until smooth.
3. Spoon or pipe the avocado mixture into the egg white halves.
4. Sprinkle with paprika for garnish.
5. Serve chilled.



# Salmon and Cucumber Bites

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 0 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	5 grams	2 grams	10 grams

## INGREDIENTS

- 4 oz smoked salmon, cut into small pieces
- 1 English cucumber, sliced into rounds
- 4 oz cream cheese, softened
- 1 tablespoon fresh dill, chopped
- 1/4 teaspoon black pepper

## INSTRUCTIONS

1. In a bowl, mix the cream cheese, dill, and black pepper until well combined.
2. Spread a small amount of the cream cheese mixture onto each cucumber slice.
3. Top each cucumber slice with a piece of smoked salmon.
4. Serve chilled.



# Caprese Salad Skewers

**Serves:** 4 | **Prep time:** 15 mins | **Cook time:** 0 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	9 grams	3 gram	6 grams

## INGREDIENTS

- 8 oz fresh mozzarella cheese, cut into bite-sized pieces
- 1 pint cherry tomatoes
- 1/4 cup fresh basil leaves
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and black pepper, to taste
- Toothpicks or small skewers

## INSTRUCTIONS

1. Thread a cherry tomato, a piece of mozzarella, and a basil leaf onto each toothpick or skewer.
2. Arrange the skewers on a serving platter.
3. In a small bowl, whisk together the olive oil, balsamic vinegar, salt, and black pepper.
4. Drizzle the dressing over the skewers.
5. Serve at room temperature.





# Zucchini Pizza Bites

**Serves:** 4 | **Prep time:** 10 mins | **Cook time:** 10 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
80 kcal	5 grams	3 grams	5 grams

## INGREDIENTS

- 2 medium zucchini, sliced into rounds
- 1/2 cup marinara sauce
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon Italian seasoning
- Salt and black pepper, to taste

## INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Arrange the zucchini rounds on a baking sheet lined with parchment paper.
3. Spoon a small amount of marinara sauce onto each zucchini round.
4. Sprinkle the mozzarella and Parmesan cheeses over the sauce.
5. Season with Italian seasoning, salt, and black pepper.
6. Bake for 8-10 minutes, or until the cheese is melted and bubbly.
7. Serve hot.



# Roasted Chickpeas

**Serves:** 4 | **Prep time:** 5 mins | **Cook time:** 30 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	4 grams	15 grams	6 grams

## INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

## INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Pat the chickpeas dry with a paper towel.
3. In a bowl, toss the chickpeas with olive oil, smoked paprika, garlic powder, salt, and black pepper.
4. Spread the chickpeas in a single layer on a baking sheet lined with parchment paper.
5. Bake for 30 minutes, or until the chickpeas are crispy and golden brown, stirring halfway through.
6. Let cool before serving.



# Shrimp and Avocado Salad

**Serves:** 2 | **Prep time:** 15 mins | **Cook time:** 5 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
300 kcal	20 grams	7 grams	25 grams

## INGREDIENTS

- 8 oz cooked shrimp, peeled and deveined
- 1 ripe avocado, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 tablespoon lime juice
- 1 tablespoon olive oil
- Salt and black pepper, to taste

## INSTRUCTIONS

1. In a bowl, combine the cooked shrimp, diced avocado, red onion, and cilantro.
2. In a small bowl, whisk together the lime juice, olive oil, salt, and black pepper.
3. Pour the dressing over the shrimp and avocado mixture, and toss gently to coat.
4. Serve chilled.



# Chia Seed Pudding

**Serves:** 2 | **Prep time:** 5 mins | **Chill time:** 4 hours

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
200 kcal	12 grams	8 grams	6 grams

## INGREDIENTS

- 1/2 cup chia seeds
- 1 1/2 cups unsweetened almond milk
- 1 teaspoon vanilla extract
- 1-2 tablespoons erythritol or stevia, to taste
- Toppings (optional): fresh berries, nuts, or shredded coconut

## INSTRUCTIONS

1. In a bowl, whisk together the chia seeds, almond milk, vanilla extract, and sweetener until well combined.
2. Pour the mixture into two jars or containers with lids.
3. Refrigerate for at least 4 hours or overnight, until the pudding thickens.
4. Serve chilled with your choice of toppings.





# Bacon and Spinach

## Frittata Muffins

**Serves:** 6 | **Prep time:** 10 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	12 grams	1 gram	10 grams

### INGREDIENTS

- 6 large eggs
- 1/4 cup heavy cream
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 slices bacon, cooked and crumbled
- 1 cup fresh spinach, chopped
- 1/4 cup shredded cheddar cheese

### INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Grease a 12-cup muffin tin.
2. In a bowl, whisk together the eggs, heavy cream, salt, and black pepper.
3. Stir in the crumbled bacon, chopped spinach, and shredded cheddar cheese.
4. Pour the egg mixture evenly into the muffin cups.
5. Bake for 18–20 minutes, or until the frittata muffins are set and lightly golden on top.
6. Let cool for a few minutes before removing from the muffin tin.
7. Serve warm or at room temperature.



# Almond Butter and Apple Slices

**Serves:** 1 | **Prep time:** 5 mins | **Cook time:** 0 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
200 kcal	16 grams	10 grams	6 grams

## INGREDIENTS

- 1 medium apple, cored and sliced
- 2 tablespoons almond butter

## INSTRUCTIONS

1. Spread the almond butter onto the apple slices.
2. Serve immediately.



# Cauliflower Popcorn

**Serves:** 2 | **Prep time:** 5 minutes | **Cook time:** 25 mins

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
80 kcal	5 grams	5 grams	3 grams

## INGREDIENTS

- 1 head cauliflower, cut into small florets
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup grated Parmesan cheese (optional)

## INSTRUCTIONS

1. Preheat the oven to 425°F (220°C).
2. In a large bowl, toss the cauliflower florets with olive oil, garlic powder, smoked paprika, salt, and black pepper until well coated.
3. Spread the cauliflower in a single layer on a baking sheet lined with parchment paper.
4. Bake for 25–30 minutes, or until the cauliflower is crispy and lightly browned, stirring halfway through.
5. If desired, sprinkle grated Parmesan cheese over the cauliflower popcorn immediately after removing from the oven.
6. Serve hot.



## **Fat Burning Recipes**

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