

## WRITING SNACK RECIPES

What makes a perfect writing snack? One that will give you a boost of energy when inspiration starts to lag. One that feels like a little treat in between completed paragraphs or pages. One that is quick and easy to throw together, but won't get greasy fingerprints all over your keyboard. Here are some recipes to try.

### Quick Boost Trail Mix

- 3 c. literally whatever nuts you have on hand
- 2 c. nutritious add-ins (such as toasted coconut flakes, pepita seeds, or sunflower seeds)
- 1 c. dried cherries, cranberries, or raisins
- ½ c. chocolate chips or M&M's

Combine all ingredients in a storage container; stir or shake gently to mix. Try not to eat it all in one sitting.

### Do-It-Your-Way Avocado Toast

- 1 slice of your favorite bread
- ½ ripe avocado, mashed
- Toppings of choice (such as truffle salt, sliced hard-boiled egg, smoked salmon, everything bagel seasoning, tomato, arugula, pickled onion, radishes, bacon, chives, alfalfa sprouts, hot sauce, balsamic vinegar, fried egg, pine nuts . . .)

Toast your bread. Top with mashed avocado. Add whatever toppings sound delish! (Or whatever you have on hand . . .)

### **Grammy Sami's Deviled Eggs**

This was my grandma's signature recipe that she made for every family gathering, though I've cut the recipe in half because you probably don't need an entire dozen to feed your writing marathon. (But know that it can be easily doubled if you do.) Feel free to omit the vinegar or sub in pickle juice if you prefer.

6 hard-boiled eggs

¼ c. mayo

1 tbsp. white vinegar or apple cider vinegar

1 tbsp. sugar

½ tsp. dry mustard

Dash of Worcestershire sauce

Salt to taste

Pepper to taste

Garnish: paprika and sliced green or black olives

Peel the eggs; cut in half; remove the yolks. Combine the egg yolks with the mayo, vinegar, sugar, dry mustard, Worcestershire sauce, salt, and pepper. Whip with a hand mixer until creamy. Fill the egg halves with the yolk mixture. Garnish with paprika and sliced olives.

### **Veggie Crudité's Two Ways**

Raw veggies of choice (carrot sticks, cucumber, radishes, mushrooms, celery, cherry tomatoes, broccoli, cauliflower, sugar snap peas, bell pepper . . .)

Additional tasty things (pretzels, crackers, tortilla chips, pita bread . . .)

Serve with yogurt ranch dip or classic hummus, below.

#### **YOGURT RANCH DIP**

1 c. Greek yogurt  
1 tsp. lemon juice or apple cider vinegar  
1 tsp. dried dill  
¼ tsp. salt  
¼ tsp. pepper  
¼ tsp. paprika  
¼ tsp. garlic powder  
¼ tsp. onion powder  
Splash of Worcestershire sauce

Combine all the ingredients; mix well.

#### **CLASSIC HUMMUS**

1 (15 oz.) can chickpeas, drained and rinsed  
2 cloves garlic  
¼ c. tahini  
¼ c. water  
Juice of 1 lemon (about 3 tbsp.)  
1 tsp. salt  
½ tsp. cumin

Combine all the ingredients in a food processor and blend until smooth. Add another tablespoon or two of water if

you like it creamier. Transfer to a bowl. (If you're feeling extra fancy, top with pine nuts, paprika, or a drizzle of olive oil.)

### **Jesse's Powerballs**

A search for energy bites or bliss balls will turn up countless recipes on Pinterest, but my husband has been making these and tweaking his mix for years, and this combination has been dubbed the winner. He tries to always keep some on hand for a grab-and-go breakfast or midday snack, and has even been known to pay our kids to make them when he doesn't have time to do it himself!

2 c. old-fashioned oats  
1 c. unsweetened shredded coconut  
1 c. flaxseed  
½ c. chopped walnuts  
½ c. raisins  
½ c. dark chocolate chips or mini morsels  
5 tbsp. chia seeds  
3 tbsp. hemp seeds  
2 tbsp. sesame seeds  
1 ¼ c. peanut butter  
½ c. honey  
2 tbsp. vanilla extract

Mix all the dry ingredients in a large bowl. Combine the peanut butter, honey, and vanilla extract in a separate bowl, then add to the dry ingredients. Mix well with your hands (pro tip: use silicone gloves if you don't like getting

your hands all sticky), then roll into ping-pong-size balls. Keep stored in the refrigerator.

### **Creamy Chocolate Fruit Dip**

4 oz. cream cheese

1 c. vanilla-flavored Greek yogurt (or sub plain yogurt and add ½ tsp. vanilla extract and 1 tbsp. honey)

4 tbsp. powdered sugar

2 tbsp. cocoa powder

Optional: chocolate chips or chopped nuts

Fresh fruit of choice (strawberries, cherries, orange slices, bananas, kiwis, raspberries, pineapple . . .)

Bring the cream cheese to room temperature (or zap it in the microwave for, like, 15 seconds). Use a hand mixer to beat the cream cheese until smooth. Add the yogurt, powdered sugar, and cocoa powder and beat until combined and creamy. Stir in the chocolate chips or chopped nuts if desired. Serve with fruit. (This is also good with pretzels.)

### **Pan-Fried Bananas**

1 tbsp. sugar

½ tsp. cinnamon

2 ripe or slightly overripe bananas, sliced into rounds

Combine the sugar and cinnamon in a small bowl. Lightly spray a skillet with nonstick oil spray and warm over medium-low heat. Add the banana slices and arrange in

a single layer, then sprinkle with half the cinnamon-sugar mix. Cook for 2–3 minutes, then flip the bananas and top with the remaining cinnamon mixture. Cook for 2–3 minutes more.

### **You Earned It! Celebration Mug Cake**

¼ c. all-purpose flour

2 tbsp. sugar

¼ tsp. baking powder

Pinch of salt

3 tbsp. milk

2 tbsp. melted butter

½ tsp. vanilla, lemon, or almond extract

2 tsp. sprinkles

Combine the flour, sugar, baking powder, and salt in a microwave-safe mug. Stir in the milk, melted butter, and desired extract until well combined (make sure to get all the flour at the bottom). Stir in the sprinkles. Microwave for 70–90 seconds, until the cake is just set, but still shiny on top. Allow to rest in microwave for 1 minute. Enjoy with a well-deserved Huzzah! to your most recent writing accomplishment.