

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 20: Mindful Snacking

From Chef Hans: As someone with no stomach, I had to start thinking of meals as “open grazing.” It can be challenging to keep nutrition holistic while keeping the caloric intake up. Even snacking has to be a more focused activity. Here I share my take on mindful snacking that is both easy to put together and high in proper nutrition full of protein, flavors, & texture.

Having foods like this on hand that are either totally ready to eat or almost ready to eat makes it so much easier to enjoy and have a sense of normalcy post-treatment.

Serves 1 - 2

INGREDIENTS: ¼ cup of each

- roasted cashews
- popped sorghum
- dried peas & fava beans
- Mung Dal - split lentils
- roasted macadamia nuts
- cauliflower puffs
- quinoa curls

DIRECTIONS:

In a large bowl, mix together all ingredients. Enjoy right away or graze on throughout the day. Feel free to add or omit your favorite healthy nuts, seeds, or puffs for a customized snack!