**Sweet and crunchy almonds**

You can use any nut or seed you like, but today I used almonds.

Start with 1 cup of raw nuts or seeds. Whip 1 egg white until frothy. Add 1 teaspoon cinnamon and ½ teaspoon of pumpkin spice seasoning (or you can add more cinnamon if you do not have pumpkin spice). Add 1 tablespoon of your favorite sweetener or 2 tablespoons if you want them sweeter. I used monk fruit sweetener today, but brown sugar works, too. Mix and add your nuts to the egg mixture. Coat the nuts in the egg mixture and put them onto a baking sheet. Bake for 20-25 minutes at 375 degrees. Watch to make sure nothing burns, but you also want the egg white coating to be crispy.

*note I said tablespoon in the video but I meant teaspoon.*

Serving is ¾ cup carbs 2g with the monk fruit and 6g with the brown sugar
Edamame steamed

You can boil them or steam them

Boil

Bring 6 cups of water to boil in a saucepan. Add 12oz of edamame package frozen and boil for 4-5 minutes. Drain and rinse with cold water to cool.

Microwave

Empty the 12oz or one package of frozen edamame in a microwave safe dish for 4.5 -5 minutes. Let stand for 1 minute before enjoying.

½ cup shelled edamame or about 1 cup in the shells.

10g of carbs, 6g of fiber and 9g of complete protein

Add granulated garlic or other spices for flavoring. Look for no sodium added edamame and you can always add your own salt if you want.

Baked garbanzo beans

Rinse and drain or boil them from dried.

Add 2 teaspoons of olive oil and 1/2 teaspoon of spices. Roll the beans to coat them in the olive oil. Bake for 45-60 minutes at 375 degrees until crispy all the way through.
**English muffin pizzas**

Typically, English muffins are 30g of carbs per whole muffin. You can read the nutrition facts that you buy to see how many grams are in your favorite English muffin.

Whole wheat English muffin’s

Mozzarella cheese shredded

Veggies (bell peppers, broccoli, mushrooms, spinach or whatever you have around)

Meat (if you want)

Marinara sauce or you can make your own by sautéing chopped tomatoes with 1 teaspoon of olive oil and garlic until it is reduced to the consistency you like. I also add pepper.

Assemble and bake at 375 for 20-30 minutes until cheese is melted and the veggies look cooked.

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**Savory Wrap**

Meat or protein (grilled tofu is good too)

Veggies like bell peppers or cauliflower or broccoli

Sauce like a jam or sometimes I like honey

Cream cheese for the “glue” if you want to slice them into rings. If you wrap it like a burrito, you do not need the cream cheese.

Assemble and spread the cream cheese on one of the edges and roll. You can cut them into slices or eat it as a whole wrap. Today I added roasted chicken, fig jam, roasted cauliflower and broccoli and the cream cheese.