
BY GLENDA THOMPSON

20 NUT & SEED HEALTHY TREATS

**INCLUDES RECIPES FOR SESAME SEED BRITTLE,
DARK CHOCOLATE NUTTY BARK, AND MORE.**

*Discover easy-to-make recipes that are perfect
for on-the-go snacking, pre-workout fuel, or as
a satisfying dessert alternative.*



20 x Nut and Seed Healthy Treats

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Brittle, Nutty Granola Bars, Pumpkin
Seed and Dark Chocolate Bark, and
more.**

Easy-to-make recipes are perfect for on-the-go snacking, pre-workout fuel, or as a satisfying dessert alternative.

By Glenda Thompson

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Introduction

Now you can enjoy delicious, diabetes-friendly snacks with this innovative cookbook featuring 20 recipes centered around nuts and seeds. Nuts and seeds are powerhouses of nutrition, offering a perfect blend of protein, healthy fats, and fiber - ideal for managing blood sugar levels. This cookbook harnesses their potential in creative ways, bringing you treats like Sesame Seed Brittle, hearty Nutty Granola Bars, and Pumpkin Seed and Dark Chocolate Bark that are as nutritious as they are delicious.

Each recipe is carefully crafted to provide a low glycemic impact, helping you maintain stable blood sugar while indulging in flavorful snacks. These easy-to-make recipes are perfect for on-the-go snacking, pre-workout fuel, or as a satisfying dessert alternative. Plus, they're versatile enough to please both diabetics and non-diabetics alike, making them perfect for sharing with family and friends.

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Please note that the nutritional information is calculated per serving.

Feel free to substitute monk fruit with your natural sugar of choice.



Sesame Seed Brittle

Serves: 8 | **Prep time:** 15 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
110 kcal	8 grams	8 grams	2 grams

INGREDIENTS

- 2 tbsp monk fruit extract
- 1/4 cup water
- 1 cup sesame seeds
- 1/4 tsp salt
- 1 tsp vanilla extract

INSTRUCTIONS

1. Line a baking sheet with parchment paper.
2. In a saucepan, combine monk fruit extract with water. Heat over medium, stirring until dissolved.
3. Cook without stirring until mixture turns amber (about 10 minutes).
4. Remove from heat, quickly stir in sesame seeds, salt, and vanilla.
5. Pour onto prepared baking sheet, spread thin. Cool completely and break into pieces.



Nutty Granola Bars

Serves: 12 | **Prep time:** 15 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	20 gram	8 grams	5 grams

INGREDIENTS

- 2 cups mixed nuts (almonds, walnuts, pecans)
- 1 cup unsweetened coconut flakes
- 1/4 cup almond flour
- 1 tsp monk fruit extract
- 1/4 cup coconut oil, melted
- 1 egg, beaten
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat oven to 325°F (165°C). Line a 9x9-inch baking pan with parchment paper.
 2. Mix all ingredients in a large bowl.
 3. Press mixture firmly into the prepared pan.
 4. Bake for 20–25 minutes until golden brown.
 5. Cool completely before cutting into bars.
- with almond flour for a subtle nutty texture.



Chia Seed and Nut Oatmeal Cookies

Serves: 18 | **Prep time:** 15 mins | **Cook time:** 12 mins

Calories	Fats	Carbohydrates	Protein
130 kcal	11 gram	7 grams	4 grams

INGREDIENTS

- 1 1/2 cups almond flour
- 1 cup rolled oats
- 1/4 cup chia seeds
- 1/2 cup chopped nuts
- 1 tbsp monk fruit extract
- 1/2 cup unsalted butter, softened
- 1 egg
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line baking sheets with parchment paper.
2. Mix all ingredients in a large bowl until well combined.
3. Drop spoonfuls of dough onto prepared baking sheets.
4. Bake for 10–12 minutes until edges are golden.
5. Cool on the baking sheet for 5 minutes before transferring to a wire rack.



Sunflower Seed Cookies

Serves: 16 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
100 kcal	9 grams	4 grams	3 grams

INGREDIENTS

- 1 cup almond flour
- 1/2 cup sunflower seeds
- 1 tsp monk fruit extract
- 1/4 cup coconut oil, melted
- 1 egg
- 1 tsp vanilla extract
- 1/4 tsp salt

INSTRUCTIONS

1. Preheat oven to 325°F (165°C). Line a baking sheet with parchment paper.
2. Mix all ingredients in a bowl until well combined.
3. Form dough into small balls and place on the prepared baking sheet. Flatten slightly.
4. Bake for 12-15 minutes until edges are golden.
5. Cool on the baking sheet for 5 minutes before transferring to a wire rack.



Peanut Butter and Flaxseed Cookies

Servings: 20 | **Prep time:** 10 mins | **Cook time:** 12 mins

Calories	Fats	Carbohydrates	Protein
95 kcal	8 gram	4 grams	4 grams

INGREDIENTS

- 1 cup natural peanut butter
- 1 tsp monk fruit extract
- 1 egg
- 1/4 cup ground flaxseed
- 1/4 cup almond flour
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix all ingredients in a bowl until well combined.
3. Roll dough into small balls and place on the prepared baking sheet. Flatten with a fork.
4. Bake for 10–12 minutes until edges are lightly browned.
5. Cool on the baking sheet for 5 minutes before transferring to a wire rack.



Pistachio and Almond Biscotti

Serves: 20 | **Prep time:** 20 mins | **Cook time:** 45 mins

Calories	Fats	Carbohydrates	Protein
95 kcal	8 grams	4 grams	4 grams

INGREDIENTS

- 2 cups almond flour
- 1 tbsp monk fruit extract
- 1 tsp baking powder
- 2 eggs
- 1 tsp vanilla extract
- 1/2 cup chopped pistachios
- 1/4 cup sliced almonds

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix almond flour, sweetener, and baking powder in a bowl.
3. In another bowl, whisk eggs and vanilla. Combine with dry ingredients.
4. Fold in pistachios and almonds.
5. Form dough into a log on the baking sheet.
6. Bake for 25 minutes, then cool for 10 minutes.
7. Slice diagonally and bake slices for 10 minutes on each side.



Walnut and Fig Bars

Servings: 12 | **Prep time:** 15 mins | **Cook:** 25 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	15 grams	10 grams	5 grams

INGREDIENTS

- 1 1/2 cups almond flour
- 1/2 cup chopped walnuts
- 1/2 cup chopped dried figs
- 1 tsp monk fruit extract
- 1/4 cup coconut oil, melted
- 1 egg
- 1 tsp vanilla extract
- 1/4 tsp salt

INSTRUCTIONS

1. Preheat oven to 325°F (165°C). Line an 8x8-inch baking pan with parchment paper.
2. Mix all ingredients in a bowl until well combined.
3. Press mixture into the prepared pan.
4. Bake for 20–25 minutes until edges are golden.
5. Cool completely before cutting into bars.



Pecan and Cinnamon

Apple Snacks

Servings: 4 | **Prep time:** 10 mins | **Cook:** 5 mins

Calories	Fats	Carbohydrates	Protein
140 kcal	10 grams	14 grams	2 grams

INGREDIENTS

- 2 medium apples, cored and sliced
- 1/2 cup chopped pecans
- 1/2 tsp monk fruit extract
- 1 tsp ground cinnamon
- 1 tbsp almond flour

INSTRUCTIONS

1. Mix monk fruit extract with cinnamon and almond flour in a bowl.
2. Toss apple slices in the mixture to coat.
3. Heat a non-stick pan over medium heat. Add coated apple slices and pecans.
4. Cook for 3-5 minutes, stirring occasionally, until apples are tender.



Hazelnut and Cocoa Nibbles

Servings: 20 | **Prep time:** 15 mins | **Chill time:** 30 mins

Calories	Fats	Carbohydrates	Protein
60 kcal	5 grams	3 grams	2 gram

INGREDIENTS

- 1 cup ground hazelnuts
- 1/4 cup almond flour
- 2 tbsp unsweetened cocoa powder
- 3/4 tsp monk fruit extract
- 2 tbsp coconut oil, melted
- 1 tsp vanilla extract

INSTRUCTIONS

1. Mix all ingredients in a bowl until well combined.
2. Roll mixture into small balls.
3. Refrigerate for 30 minutes before serving.
7. Remove from the grill and serve warm



Cashew Coconut Clusters

Servings: 16 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
110 kcal	10 grams	4 grams	3 grams

INGREDIENTS

- 1 cup raw cashews
- 1 cup unsweetened coconut flakes
- 1 tsp monk fruit extract
- 2 tbsp coconut oil
- 1 egg white
- 1/4 tsp salt
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat oven to 325°F (165°C). Line a baking sheet with parchment paper.
2. Mix all ingredients in a bowl until well combined.
3. Drop spoonfuls of mixture onto the prepared baking sheet.
4. Bake for 12-15 minutes until golden brown.
5. Cool completely on the baking sheet.



Almond and Cranberry Trail Mix

Servings: 8 | **Prep time:** 15 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
140 kcal	11 gram	9 grams	3 gram

INGREDIENTS

- 1 cup raw almonds
- 1/2 cup dried unsweetened cranberries
- 1/4 cup almond flour
- 2 tablespoons monk fruit sweetener
- 1/4 teaspoon cinnamon
- 1 tablespoon coconut oil, melted

INSTRUCTIONS

1. Preheat your oven to 325°F (160°C).
2. In a bowl, mix the almonds, cranberries, and almond flour.
3. Add the monk fruit and cinnamon to the bowl.
4. Drizzle the melted coconut oil over the mixture.
5. Spread the mixture out on a parchment-lined baking sheet in a single layer.
6. Bake in the preheated oven for 15–20 minutes, stirring halfway through, until golden and fragrant.
7. Remove from the oven and allow to cool.
8. Once cooled, transfer the trail mix to an airtight container for storage or serve immediately.



Pumpkin Seed and Dark Chocolate Bark

Servings: 8 | **Prep time:** 10 mins | **Chill time:** 30 mins

Calories	Fats	Carbohydrates	Protein
160 kcal	13 grams	10 grams	4 grams

INGREDIENTS

- 1 cup pumpkin seeds
- 1 cup dark chocolate chips (sugar-free)
- 2 tablespoons almond flour
- 1 tablespoon monk fruit sweetener
- 1/2 teaspoon sea salt (optional)

INSTRUCTIONS

1. Line a baking sheet with parchment paper.
2. Melt the dark chocolate chips in a microwave-safe bowl, heating in 30-second intervals.
3. Stir the almond flour and monk fruit sweetener into the melted chocolate until well combined.
4. Spread the chocolate mixture evenly over the parchment-lined baking sheet using a spatula.
5. Sprinkle the pumpkin seeds evenly over the chocolate layer.
6. If using, sprinkle sea salt over the top for added flavor.
7. Refrigerate for about 30 minutes, or until fully set.
8. Once hardened, break the bark into pieces and serve.



Brazil Nut and Date

Energy Bites

Servings: 12 | **Prep time:** 15 mins | **Chill time:** 30 mins

Calories	Fats	Carbohydrates	Protein
130 kcal	8 grams	14 grams	2 grams

INGREDIENTS

- 1 cup Brazil nuts
- 1 cup pitted dates
- 1/4 cup almond flour
- 1-2 tablespoons monk fruit sweetener (adjust for taste)
- 1/2 teaspoon vanilla extract
- A pinch of sea salt (optional)

INSTRUCTIONS

1. Pulse the Brazil nuts in a food processor until fine.
2. Add the dates, almond flour, monk fruit, vanilla extract, and sea salt to the food processor.
3. Process the mixture until it forms a sticky dough, scraping down the sides as necessary.
4. Scoop out tablespoon-sized amounts of the mixture and roll them into balls using your hands.
5. Place the bites on a parchment-lined baking sheet.
6. Refrigerate for about 30 minutes to firm up.
7. Serve immediately or keep in the refrigerator for up to a week.



Spiced Almonds and Walnuts

Servings: 8 | **Prep time:** 10 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	17 grams	5 grams	4 grams

INGREDIENTS

- 1 cup raw almonds
- 1 cup raw walnuts
- 2 tablespoons almond flour
- 2 tablespoons monk fruit sweetener
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon cayenne pepper (optional)
- 1/2 teaspoon sea salt
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix the almond flour, monk fruit, cinnamon, nutmeg, cayenne pepper, and sea salt.
3. Add the almonds and walnuts and toss to coat them with the spice mixture.
4. Stir in the melted coconut oil and vanilla extract.
5. Spread the nuts on a baking sheet.
6. Bake for 15-20 minutes, stirring halfway through.
7. Remove from the oven and let cool.
8. Once cooled, transfer the nuts to an airtight container for storage or serve immediately.



Quinoa and Seed Crackers

Servings: 8 | **Prep time:** 10 mins | **Cook:** 30 mins

Calories	Fats	Carbohydrates	Protein
110 kcal	7 grams	9 grams	3 grams

INGREDIENTS

- 1/2 cup quinoa (uncooked)
- 1/4 cup almond flour
- 2 tablespoons chia seeds
- 2 tablespoons flaxseeds
- 2 tablespoons sesame seeds
- 2 tablespoons sunflower seeds
- 1 tablespoon monk fruit sweetener
- 1/2 teaspoon sea salt
- 1/2 cup water
- 1 tablespoon olive oil

INSTRUCTIONS

1. Preheat your oven to 325°F (160°C).
2. Rinse the quinoa under cold water and drain well.
3. In a bowl, combine all the other ingredients.
4. Stir until the mixture has thickened slightly.
5. Spread the mixture evenly onto a baking sheet, pressing down to form a thin layer.
6. Bake for 25–30 minutes or until golden brown.
7. Allow to cool slightly, then break into crackers of desired size.



Coconut and Almond Bliss Balls

Servings: 12 | **Prep time:** 10 mins | **Chill:** 30 mins

Calories	Fats	Carbohydrates	Protein
110 kcal	10 grams	3 grams	2 grams

INGREDIENTS

- 1 cup almond flour
- 1/2 cup unsweetened shredded coconut
- 1/4 cup coconut oil, melted
- 2 tablespoons monk fruit sweetener
- 1 teaspoon vanilla extract
- A pinch of sea salt
- Additional shredded coconut for rolling

INSTRUCTIONS

1. In a bowl, combine the almond flour, shredded coconut, monk fruit sweetener, and sea salt.
2. Add the melted coconut oil and vanilla extract to the dry ingredients.
3. Mix everything into a dough-like consistency.
4. Scoop out tablespoon-sized amounts of the mixture and roll them into balls with your hands.
5. If desired, roll each ball in additional shredded coconut to coat.
6. Place the balls on a parchment-lined tray.
7. Refrigerate for at least 30 minutes to allow them to firm up.



Maple-Glazed Pecan Mix

Servings: 8 | **Prep time:** 10 mins | **Cook:** 15 mins

Calories	Fats	Carbohydrates	Protein
170 kcal	18 grams	5 grams	2 grams

INGREDIENTS

- 2 cups raw pecans
- 1/4 cup almond flour
- 1/4 cup monk fruit sweetener
- 2 tablespoons coconut oil, melted
- 1 teaspoon maple extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C).
2. In a large bowl, combine the almond flour, monk fruit sweetener, ground cinnamon, and sea salt.
3. Add the pecans, melted coconut oil, and maple extract to the bowl.
4. Mix until the pecans are well coated in the mixture.
5. Spread the pecans on a baking sheet.
6. Bake for 10–15 minutes, stirring halfway through, until the pecans are golden and fragrant.
7. Remove from the oven and allow the pecans to cool completely on the baking sheet.



Tahini and Sesame Bars

Servings: 12 | **Prep time:** 10 mins | **Chill:** 1 hour

Calories	Fats	Carbohydrates	Protein
140 kcal	12 grams	6 grams	4 grams

INGREDIENTS

- 1 cup tahini
- 1/2 cup almond flour
- 1/4 cup monk fruit sweetener
- 1/4 cup sesame seeds
- 1/4 cup unsweetened shredded coconut
- 1 teaspoon vanilla extract
- A pinch of sea salt

INSTRUCTIONS

1. Line an 8x8-inch baking dish with parchment paper.
2. In a mixing bowl, combine the tahini, almond flour, monk fruit sweetener, and vanilla extract. Stir until smooth.
3. Add the sesame seeds, shredded coconut, and a pinch of sea salt to the tahini mixture.
4. Mix thoroughly until all ingredients are well incorporated.
5. Pour the mixture into the prepared baking dish, spreading it evenly with a spatula.
6. Chill in the refrigerator for at least 1 hour until firm.
7. Once set, remove from the dish and cut into bars of desired size.



Pine Nut and Herb Spread with Whole Grain Crackers

Servings: 8 | **Prep time:** 10 mins | **Cook time:** 5 mins

Calories	Fats	Carbohydrates	Protein
120 kcal	11 gram	4 grams	2 grams

INGREDIENTS

- 1/2 cup pine nuts
- 1/2 cup almond flour
- 2 tablespoons monk fruit sweetener
- 1/4 cup fresh herbs (such as parsley, basil, or chives), chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 1 pack wholegrain or flaxseed crackers

INSTRUCTIONS

1. Toast the pine nuts in a skillet over medium heat.
2. In a food processor, combine the toasted pine nuts, almond flour, monk fruit sweetener, and fresh herbs.
3. Pulse until the mixture is finely chopped.
4. Add the olive oil and lemon juice.
5. Process until the mixture is spreadable.
6. Season with salt and pepper to taste.
7. Transfer the spread to a serving bowl, and serve alongside whole grain crackers.



Hazelnut and Apricot Muesli

Servings: 6 | **Prep time:** 10 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	9 grams	22 grams	4 gram

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup almond flour
- 1/2 cup chopped dried apricots (sugar-free)
- 1/2 cup chopped hazelnuts
- 2 tablespoons monk fruit sweetener
- 1/4 cup unsweetened shredded coconut
- 1/2 teaspoon cinnamon
- 1/4 teaspoon sea salt
- 1 cup unsweetened almond milk (for serving)

INSTRUCTIONS

1. In a large bowl, combine the rolled oats, almond flour, chopped apricots, chopped hazelnuts, monk fruit sweetener, shredded coconut, cinnamon, and sea salt. Mix well until all ingredients are evenly distributed.
2. Store in an airtight container if not using immediately.



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