

Healthy Snacks



Healthy Snacks – Rosemary Roasted Pecans

So the January resolutions of getting fit and healthy are in full swing but there is one thing getting in your way; healthy snacks! So many people fall at this hurdle, they're at work and suddenly the munchies take hold of you and you're suddenly starving and it's hours until lunch time! Noooooooo! Then you check your purse and trundle off to the vending machine and buy the "healthy" flapjack! Be prepared people! Making your own healthy snacks so you can have a stash in your bag or in your desk drawer is a great way to make sure you don't fall off of the wagon! My latest healthy snack was inspired by Madeleine Shaw and is so quick and easy to make that you'll be kicking yourself for not having done it sooner!

Rosemary roasted pecans is the best of all the healthy snacks! Firstly in my opinion pecans always taste better when they're roasted and secondly nuts have all of the yummy good fats that you need in you want and not all of the bad sugary fats that you want to avoid.

So here's what you do. Preheat your oven to 160C. Take your pecans and scatter them on a baking tray. Drizzle some melted coconut oil over them or some rapeseed oil. Then take some fresh rosemary and fling across the nuts! Shake the tray so everything gets all mixed together. Then bake in the oven for 25 – 30 minutes. Once the nuts have cooled a little, take some kitchen paper and put it on the work surface, then sprinkle the nuts on top

then get some more kitchen paper and put it on top and then dab the nuts just to get off any excess oil, pop the nuts in a little baggy or tupperware container, and now you have the ultimate, most delicious of all healthy snacks at your fingertips whilst you are on the go!

Love Roo xx

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