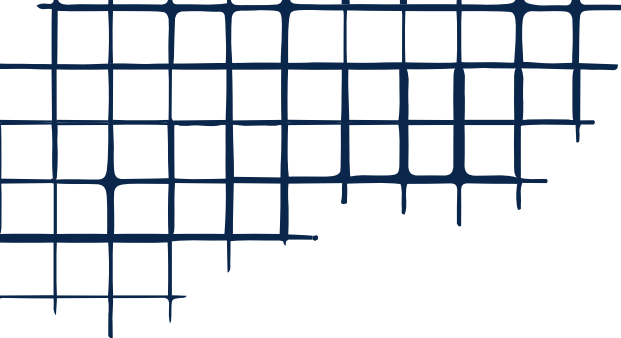




TRIUMPH SNACKTASTIC FREEBIE



INCLUDED:

- S.H.O.P. your way to healthier snacks
- Protein Bar Recipe
- Candied Pecans Recipe
- Refrigerator Pickles Recipe

S.H.O.P.

your way to healthier snacks!

S

Sugar

Check the Sugar! If they're having a sweeter treat, pair it with some fat and fiber to protect their blood sugar levels.

H

Hydration

Make sure they're getting proper Hydration with good vitamins and minerals.

O

Order

When eating, pay attention to the order that they eat whenever you can. Start with fiber, then move to fats/proteins, and lastly carbs.

P

Protein

Protein, protein, protein! Fill them with protein so their body has the building blocks it needs to grow!

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Protein Bars

Love this recipe from [@sarajo.poff](#). It's simple enough to leave room for errors haha. After I rolled it out I threw it in the freezer to harden a bit to be able to cut it. Store in fridge! Here's my recipe for a huge amount; adjust as desired! I

Ingredients

1 1/2 + Chocolate protein powder (I use Ancient Nutrition Bone Broth powder)
1 - 27 oz jar almond butter (or 2 2/3 cups)
1/2 cup melted virgin coconut oil
1 cup liquid allulose (Walmart carries it.)
1/2 cup cacao powder
1 tablespoon vanilla
Sugar-free chocolate chips

Directions

Combine all ingredients and add more protein powder as needed to get a kneadable non-sticky dough texture. Roll into balls or roll out between two layers of parchment paper into bars. Voilà—
Ready-to-go healthy and delicious protein! 🍪



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Candied Pecans

A favorite recipe from @sweetashoney!

Ingredients

2 ¼ cups Pecans Halved

1 large Egg White

½ tablespoon Water

½ teaspoon Vanilla Extract

¾ cup Granulated Sweetener or brown erythritol, not xylitol!

(I use monk fruit erythritol blend for the sweetener)

¼ teaspoon Salt

½ teaspoon Ground Cinnamon

Directions

- Preheat oven to 250°F (130°C). Line a large baking sheet with parchment paper. Set aside.
- In a large mixing bowl, beat egg white with water and vanilla vigorously until frothy.
- In another bowl, combine erythritol with cinnamon and salt. Set aside
- Stir the pecan halves into the egg mixture and toss until evenly coated.
- Pour the erythritol mixture onto the pecan and toss again to coat evenly.
- Spread the coated pecans into a single layer onto the prepared baking sheet.
- Bake for 40 minutes, stirring the pecans every 10 minutes.
- Remove from the oven and cool completely on the baking sheet before storing or eating.



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Refridgerator Pickles

So simple...a kid could do it.

Ingredients

Sliced Cucumbers

Vinegar

Water

optional: garlic, onions, dill

Directions

Fill a bowl with sliced cucumbers. Fill it half with water and half with vinegar. Let sit in fridge for at least an hour. Enjoy!

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