

smart snacking with

**siggi's**<sup>®</sup>

Whether you are in search of breakfast on-the-go or an afternoon treat, siggi's is the perfect base for your snacking needs. We have put together quick pairings can be whipped up in a few minutes, and will keep you full when you need it most!

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### creamy peanut butter and jelly



siggi's vanilla 0% yogurt

+



¼ cup of berries

+



1 tbsp peanut butter

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### avocado toast 2.0



siggi's plain 0% yogurt

+



½ an avocado

+



red pepper flakes

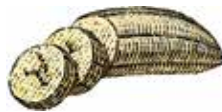
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### 3-ingredient smoothie



siggi's strawberry filmjök  
drinkable yogurt

+



½ banana

+



1 tbsp oats

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### cinnamon and cardamom fruit dip



siggi's whole-milk vanilla yogurt

+



¼ tsp cinnamon

+



¼ tsp cardamom seeds

Have a bit more time on your hands? These recipes are high in protein and lower in added sugar than conventional store-bought snacks. For more recipe ideas, visit [siggis.com/recipes](http://siggis.com/recipes).

## coconut & date protein bites

🕒 total time: 20 mins 🍴 servings: 18 balls 📏 level: easy 🍎 calories: 280



### what you need:

- 1 cup medjool dates, chopped (about 12-13 large dates)
- 1 cup raw cashews
- ¼ cup hemp seeds, hulled
- ¼ cup chia seeds
- ½ cup almond meal
- ¼ tsp fine sea salt
- ½ cup shredded unsweetened coconut, plus more for rolling
- ¼ cup siggi's vanilla 0% yogurt

### what to do:

Combine all ingredients in a food processor and blend to desired consistency.

We like keeping the pieces larger for a crunchier ball.

When desired consistency is reached, form 1 oz balls then roll in the shredded coconut to coat.

Store in the refrigerator and enjoy as a quick snack!

### nutrition facts:

per serving

Calories 280  
Protein 8g  
Total Fat 15g  
Saturated Fat 3g  
Cholesterol 0mg  
Sodium 50mg  
Total Carbohydrates 36g  
Sugars 25g  
Fiber 7g

## lemon kale hummus

🕒 total time: 5 mins 🍴 servings: 1½ cups 📏 level: easy 🍎 calories: 80



### what you need:

- 1 cup chickpeas (canned or cooked)
- ¼ cup siggi's plain 0% or 4% yogurt
- ½ cup loosely packed kale leaves, torn into small pieces
- 1-2 cloves garlic
- juice of ½ lemon
- ⅛ cup extra virgin olive oil
- salt & pepper to taste

### what to do:

In a food processor, combine the chickpeas, yogurt, kale, and garlic.

On low speed, slowly pour in the olive oil about 1 tbsp at a time, adding more as needed to reach a smooth consistency. Add the lemon juice and salt & pepper to taste, giving the hummus a final whirl in the food processor.

You can also use a blender if you don't have a food processor.

Delicious with fresh veggies or as a chip dip.

### nutrition facts:

per serving

Calories 80  
Protein 3g  
Total Fat 5g  
Saturated Fat 0.5g  
Cholesterol 0mg  
Sodium 250mg  
Total Carbohydrates 7g  
Sugars 1g

## siggi's breakfast pie

🕒 total time: 45 mins 🍴 servings: 8 📏 level: easy 🍎 calories: 220



### what you need:

#### Crust:

- 2 cups of your favorite granola
- 2 tbsp butter
- dash of salt

#### Topping:

- 2 cups fresh berries
- 2 cups siggi's 0% plain yogurt

### what to do:

Combine all crust ingredients. Press into a 9 inch pie pan and bake for 15 minutes at 350° F. Remove from oven and cool to room temperature.

Fill pie crust with yogurt.

Add the fresh fruit toppings. Chill in the refrigerator for about 30 minutes before enjoying.

Meal prep this on Sunday to have breakfast for the week!

### nutrition facts:

per serving

Calories 220  
Protein 11g  
Total Fat 10g  
Saturated Fat 4g  
Cholesterol 8mg  
Sodium 180mg  
Total Carbohydrates 22g  
Sugars 10g  
Fiber 4g