



Thyroid Health - Snack Recipes

Created by Joe Leech | Diet vs Disease



Dried Mango & Brazil Nuts

2 ingredients · 3 minutes · 1 serving



Directions

1. Divide dried mango and brazil nuts between bowls. Enjoy!

Ingredients

5 pieces Dried Unsweetened Mango (large)

1/4 cup Brazil Nuts

Nutrition

Amount per serving

Calories	339	Potassium	219mg
Fat	22g	Calcium	73mg
Saturated	5g	Iron	1mg
Carbs	36g	Folate	7µg
Fiber	5g	Vitamin B12	0µg
Sugar	31g	Magnesium	125mg
Protein	7g	Zinc	1mg
Sodium	1mg	Selenium	637µg

Apple Slices & Nori Crisps

3 ingredients · 5 minutes · 1 serving



Directions

1. Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
2. Slice apples and divide onto plates with nori crisps. Enjoy!

Notes

Save Time

Buy pre-toasted nori sheets.

Ingredients

2 Nori Sheets

1/8 **tsp** Extra Virgin Olive Oil

1 Apple (medium)

Nutrition

Amount per serving

Calories	113	Potassium	195mg
Fat	1g	Calcium	31mg
Saturated	0g	Iron	1mg
Carbs	27g	Folate	5µg
Fiber	6g	Vitamin B12	0µg
Sugar	19g	Magnesium	9mg
Protein	2g	Zinc	0mg
Sodium	8mg	Selenium	0µg

Poached Pears

1 ingredient · 20 minutes · 1 serving



Directions

1. Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

Notes

Extra Flavour

Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean, star anise and/or fresh ginger slices to the water.

Serve It With

Oatmeal, granola, pecans, walnuts, maple syrup, coconut ice cream or yogurt.

Leftovers

Store in a covered container in the fridge up to 3 days.

Ingredients

1 Pear (peeled, cored and quartered)

Nutrition

Amount per serving

Calories	101	Potassium	206mg
Fat	0g	Calcium	16mg
Saturated	0g	Iron	0mg
Carbs	27g	Folate	12µg
Fiber	6g	Vitamin B12	0µg
Sugar	17g	Magnesium	12mg
Protein	1g	Zinc	0mg
Sodium	2mg	Selenium	0µg

Broiled Grapefruit

2 ingredients · 15 minutes · 1 serving



Directions

1. Set your oven to broil and move the rack to the top rung.
2. Slice your grapefruit in half and remove the seeds. Use a knife to carve each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Place each half on a baking sheet. Brush the flesh of each half with maple syrup. Place in the oven and broil for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to void burning!
3. Remove grapefruit from oven and let cool for 5 minutes. Dig in with a spoon. Enjoy!

Notes

Coconut Lover

Sprinkle with shredded coconut after baking.

Magical Touch

Sprinkle with a pinch of sea salt before eating.

Leftovers

Wrap leftovers in saran and store in the fridge. Reheat before eating.

Ingredients

1/2 Grapefruit

1 1/2 **tsps** Maple Syrup

Nutrition

Amount per serving

Calories	67	Potassium	199mg
Fat	0g	Calcium	25mg
Saturated	0g	Iron	0mg
Carbs	17g	Folate	13µg
Fiber	1g	Vitamin B12	0µg
Sugar	15g	Magnesium	12mg
Protein	1g	Zinc	0mg
Sodium	1mg	Selenium	0µg

Carrots & Guacamole

4 ingredients · 5 minutes · 1 serving



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 2 Carrot (medium)
- 1/2 Avocado
- 1/2 Lime (juiced)
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	217	Potassium	903mg
Fat	15g	Calcium	55mg
Saturated	2g	Iron	1mg
Carbs	22g	Folate	108µg
Fiber	10g	Vitamin B12	0µg
Sugar	7g	Magnesium	45mg
Protein	3g	Zinc	1mg
Sodium	387mg	Selenium	1µg

Roasted Sweet Potato Rounds

2 ingredients · 35 minutes · 1 serving



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
3. Brush the slices with melted coconut oil, then flip them over and repeat.
4. Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
5. Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

Notes

Serve Them As

A side dish, with guacamole, or with our Vegan Ranch Dressing for dipping. You can also use them as a burger bun replacement!

Ingredients

1/2 Sweet Potato (medium, washed and scrubbed)

1/3 tsp Coconut Oil

Nutrition

Amount per serving

Calories	71	Potassium	219mg
Fat	2g	Calcium	20mg
Saturated	1g	Iron	0mg
Carbs	13g	Folate	7µg
Fiber	2g	Vitamin B12	0µg
Sugar	3g	Magnesium	16mg
Protein	1g	Zinc	0mg
Sodium	36mg	Selenium	0µg

Roasted Okra

3 ingredients · 35 minutes · 1 serving



Directions

1. Preheat your oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Toss the sliced okra in the oil and sprinkle with sea salt.
3. Roast for 30 minutes, tossing halfway through cooking time. Enjoy!

Notes

No Avocado Oil

Use coconut oil or ghee instead.

Ingredients

1 cup Okra (sliced in half lengthwise)

1 tbsp Avocado Oil

1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	157	Potassium	299mg
Fat	14g	Calcium	82mg
Saturated	2g	Iron	1mg
Carbs	7g	Folate	60µg
Fiber	3g	Vitamin B12	0µg
Sugar	1g	Magnesium	57mg
Protein	2g	Zinc	1mg
Sodium	302mg	Selenium	1µg

Turkey, Greens & Avocado Wraps

3 ingredients · 5 minutes · 1 serving



Directions

1. Layer the sliced avocado on top of the sliced turkey breast and top with microgreens. Roll into a wrap and serve!

Notes

No Turkey

Use chicken or another deli meat instead

More Flavour

Add a condiment such as mustard or mayonnaise. Add spices of your choice.

Leftovers

Best enjoyed immediately but can be stored in the fridge for up to two days. Sprinkle the avocado with lemon juice to prevent browning.

Ingredients

1/2 Avocado (sliced thin)

3 1/2 ozs Sliced Turkey Breast

1/4 cup Microgreens

Nutrition

Amount per serving

Calories	275	Potassium	859mg
Fat	19g	Calcium	31mg
Saturated	3g	Iron	1mg
Carbs	12g	Folate	86µg
Fiber	7g	Vitamin B12	0.4µg
Sugar	2g	Magnesium	48mg
Protein	17g	Zinc	2mg
Sodium	905mg	Selenium	13µg

Smoked Salmon Wrapped Avocado

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Ingredients

1/2 Avocado

1 3/4 ozs Smoked Salmon (sliced)

Nutrition

Amount per serving

Calories	220	Potassium	575mg
Fat	17g	Calcium	18mg
Saturated	3g	Iron	1mg
Carbs	9g	Folate	83µg
Fiber	7g	Vitamin B12	1.6µg
Sugar	1g	Magnesium	38mg
Protein	11g	Zinc	1mg
Sodium	343mg	Selenium	17µg

Key Lime Mousse

5 ingredients · 10 minutes · 1 serving



Directions

1. In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

Notes

Toppings

Kiwi slices, hemp seeds, or shredded coconut.

No Coconut Milk

Use almond milk or cashew milk instead.

Ingredients

1/2 Avocado (peeled and pitted)

1/2 Lime (zested and juiced)

1 1/2 **tsps** Maple Syrup

1 1/2 **tsps** Organic Coconut Milk (canned)

1/4 **tsp** Vanilla Extract

Nutrition

Amount per serving

Calories	209	Potassium	547mg
Fat	16g	Calcium	25mg
Saturated	3g	Iron	1mg
Carbs	17g	Folate	84µg
Fiber	7g	Vitamin B12	0µg
Sugar	7g	Magnesium	33mg
Protein	2g	Zinc	1mg
Sodium	10mg	Selenium	0µg

Raspberry Coconut Ice Cream

3 ingredients · 5 minutes · 1 serving



Directions

1. Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut juice after being refrigerated.
2. Add raspberries and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Do not add more than 1/3 cup.
3. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Make it Chunky

Chop and add fresh or thawed raspberries to the final mixture.

No Coconut Milk

Use frozen banana slices instead.

Ingredients

1/3 cup Frozen Raspberries

3/4 tsp Maple Syrup

1/3 cup Organic Coconut Milk (full fat, refrigerated overnight)

Nutrition

Amount per serving

Calories	201	Potassium	244mg
Fat	16g	Calcium	21mg
Saturated	14g	Iron	1mg
Carbs	12g	Folate	15µg
Fiber	2g	Vitamin B12	0µg
Sugar	8g	Magnesium	13mg
Protein	2g	Zinc	0mg
Sodium	25mg	Selenium	0µg

Coconut Banana Ice Cream

2 ingredients · 1 hour 30 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
2. Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover

Add cocoa powder while blending.

Topping Ideas

Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.

Ingredients

1/4 cup Organic Coconut Milk (full-fat, canned)

3/4 Banana (sliced and frozen)

Nutrition

Amount per serving

Calories	194	Potassium	443mg
Fat	11g	Calcium	7mg
Saturated	9g	Iron	1mg
Carbs	24g	Folate	20µg
Fiber	3g	Vitamin B12	0µg
Sugar	13g	Magnesium	27mg
Protein	2g	Zinc	0mg
Sodium	16mg	Selenium	1µg

Mango Coconut Popsicles

2 ingredients · 40 minutes · 1 serving



Directions

1. Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
2. Roughly scoop mango puree into 3oz. paper cups.
3. Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
4. Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk

Use almond milk or cashew milk instead.

Ingredients

1/2 cup Frozen Mango

1/4 cup Organic Coconut Milk (divided)

Nutrition

Amount per serving

Calories	156	Potassium	229mg
Fat	11g	Calcium	11mg
Saturated	9g	Iron	0mg
Carbs	14g	Folate	36µg
Fiber	1g	Vitamin B12	0µg
Sugar	12g	Magnesium	8mg
Protein	1g	Zinc	0mg
Sodium	16mg	Selenium	1µg

Mojito Sorbet

5 ingredients · 10 minutes · 1 serving



Directions

1. Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
2. Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!

Ingredients

1/4 Cucumber (large, chopped and frozen)
2 **tbsps** Mint Leaves (fresh)
1/4 Lime (juiced)
1 1/2 **tsps** Maple Syrup
1 **tbsp** Water (cold)

Nutrition

Amount per serving

Calories	42	Potassium	162mg
Fat	0g	Calcium	33mg
Saturated	0g	Iron	0mg
Carbs	11g	Folate	10µg
Fiber	1g	Vitamin B12	0µg
Sugar	7g	Magnesium	16mg
Protein	1g	Zinc	0mg
Sodium	4mg	Selenium	0µg