

## **Jittery Snack Attack - Go Nuts!**

Head on over to the dollar store and get yourself at least a dozen teeny-tiny containers that look like single portion ketchup containers. Next, stock up on the following **Jittery Snack Attack** ingredients:

**Seeds:** [chia](#), [hemp](#), [pumpkin](#), [sunflower](#), [flax](#) (Store in fridge or freezer to protect their healthy fats.)

**Raw Unsalted Nuts:** [pecans](#), [walnuts](#), [cashews](#) (Store in fridge or freezer to protect their healthy fats.)

**Dried Berries:** [golden berries](#), [goji berries](#), [mulberries](#), [dried cherries](#), [dried blueberries](#)

**And:** [cacao nibs](#), [Wheat germ](#)

Try not to fret over the price. In the portion sizes you'll be ingesting, these jewels will last you a long, long time.

Prepare ye a bunch of small containers in advance. That's the way to manage time and control portions for your next attack.

## **Jittery Snack Attack**

- 1 t each chia seeds, hemp seeds, cacao nibs, dried berries, ground flaxseed, wheat germ
- 1 t pumpkin seeds and/or sunflower seeds
- 4 nuts

Measure ingredients into tiny, single portion containers and store in the refrigerator.

## **Jittery Snack Attack Serving Suggestions**

1. Serve with fresh or cooked fruit and 2% [Greek or regular yogurt](#). Optional: Add a teaspoons of raw [oat bran](#).
2. Serve with fresh fruit and cooked [steel-cut or regular oatmeal](#).
3. Take two slices of [healthy bread](#), coat them with a thin layer of almond butter, add a handful of blueberries, sprinkle on **Jittery Snack Attack** and close up into a sandwich. Delish!
4. Microwave an overripe, peeled banana for 1 - 2 minutes on a covered plate. Sprinkle on **Jittery Snack Attack** and add a dollop of 2% [Greek or regular yogurt](#). Heavenly!

## **Jittery Cook**