

SAFETY SEGMENTS MARCH

STRESS REFELIEF SNACKS



WHAT WE'RE LEARNING

As a follow up to the discussion about stress and nutrition here are a few recipes for some easy to make stress relieving snacks. Enjoy!

BANANA & ALMOND BUTTER BITES

Ingredients:

- 1 banana, sliced
- 2 tablespoons almond butter
- 1 tablespoon chia seeds

Instructions:

1. Spread almond butter on each banana slice.
2. Sprinkle with chia seeds.
3. Enjoy immediately or refrigerate for a cool treat.

DARK CHOCOLATE NUT CLUSTERS

Ingredients:

- 1 cup dark chocolate chips
- 1/2 cup almonds
- 1/2 cup walnuts
- 1/4 cup dried cranberries

Instructions:

1. Melt the dark chocolate chips in a microwave-safe bowl, stirring every 30 seconds until smooth.
2. Mix in the almonds, walnuts, and dried cranberries.
3. Drop spoonfuls of the mixture onto a parchment-lined baking sheet.
4. Refrigerate until the chocolate hardens, about 30 minutes.

INSTRUCTIONS

Notes to the Team Leader:

Print off this sheet and post. Encourage the staff to share some of their healthy recipes with each other.