

SOME HEALTHY STUDY SNACKS TO GET YOU
THROUGH FINALS WEEK



**Queens College
Dietetics Club**

SPRING 2021

E-COOK BOOK



ACKNOWLEDGMENTS

Thank you to everyone on the Queens College Dietetics Club e-board who helped bring this club project into fruition! Special thanks to the members who submitted these amazing recipes. Loved that we could collaborate as a club and bring the first QCDC cookbook into the world.

Wishing everyone the best of luck during finals week! Hope that these recipes will help you get through it in one piece!

*-Erica Gambino
President*

Spring 2021 QCDC E-Board

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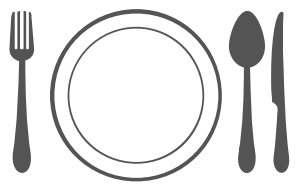
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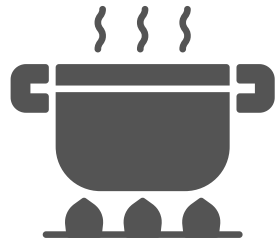
Turmeric Ice Tea

One thing I love to sip on is my homemade turmeric iced tea.
It's refreshing, delicious and anti-inflammatory as well!



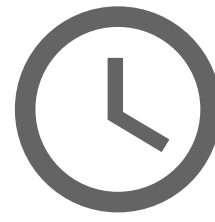
Serves

1 PERSON



Cooking

0 MIN



Prep

5 MIN



Ready in

5 MIN



INGREDIENTS

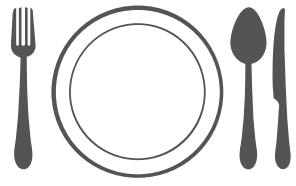
- 1/4 tsp turmeric powder
- 1/4 tsp cinnamon
- 1/4 inch fresh grated ginger (substitute with a shake or two of ground ginger)
- Juice of one orange (or splash of orange juice)
- 16oz mason jar
- Water and ice

DIRECTIONS

- Fill a mason jar with ice and water
- Add tumeric, ginger, cinnamon, ginger, orange juice
- Mix or shake it up!
- Enjoy!
- NOTE: *as always, you can adjust any ingredient to your taste preference*

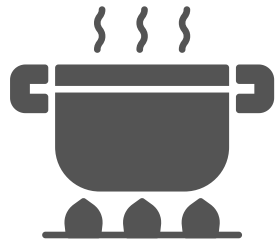
Recipe by Julianne Barredo

Nutritious Green Smoothie



Serves

4 PEOPLE



Cooking

0 MIN



Prep

10 MIN



Ready in

10 MIN

INGREDIENTS

- 1 green apple, cored and diced
- 1 banana, sliced
- 1 C packed kale, stems removed
- 1/2 cucumber, diced
- 5 sprigs of mint leaves, stems removed
- Juice of 1/2 lemon
- 1 tsp honey
- 5 ice cubes
- 1/2 C water

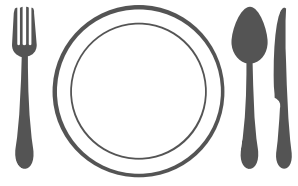
DIRECTIONS

- Place ingredients into your blender and blend until smooth
- Pour and enjoy!



Photo/Recipe by Julia Honeyghan

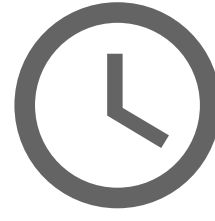
Chewy Peanut Butter Chocolate Chip Cookies



Serves
10 COOKIES



Cooking
10-12 MIN



Prep
8 MIN



Ready in
20 MIN



INGREDIENTS

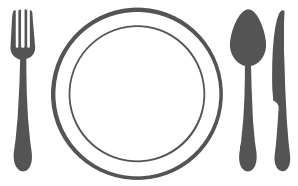
- 2 C old fashioned oats
- 3 mashed ripe bananas
- 1/2 C peanut butter
- 2 Tbsp coconut oil
- 1/4 C chocolate chips
- 1 tbsp chia seeds (optional)
- 1/2 tsp cinnamon
- Pinch of salt

DIRECTIONS

- Preheat oven to 350 F
- Mix all the ingredients together in a bowl until combined well
- Form the mixture into round cookies
- Bake in oven for 10-12 minutes

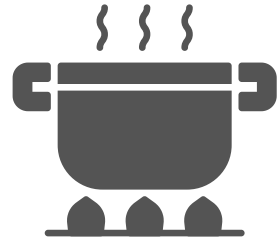
Semolina Fried Cake

Semolina fried cake is my favorite study snack and it is a traditional Bangladeshi evening snack that I make regularly for me and my family. It is called “Shujir Pitha” in Bangla.



Serves

7 CAKES



Cooking

20 MIN



Prep

10 MIN



Ready in

30 MIN

INGREDIENTS

- 1 C all-purpose flour
- 1 C semolina
- 1 C sugar
- 1 egg
- 1 C coconut powder
- 1 tsp baking powder
- 2 C oil

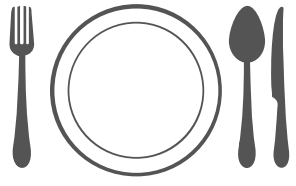
DIRECTIONS

- First, add all the ingredients to a bowl and keep the mixture aside for about three hours.
- After three hours, mix the ingredients well until you make the dough. Make sure to not overdo it because the dough will become tough.
- Then, cut dough into equal portions and use your hand to make the small pieces of dough round.
- In a frying pan, add oil and keep it in medium-low heat. The oil needs to be hot before adding the pieces of dough to the frying pan.
- Fry the dough until the color turns golden brown.
- Allow the semolina cake to cool and serve it after five minutes.



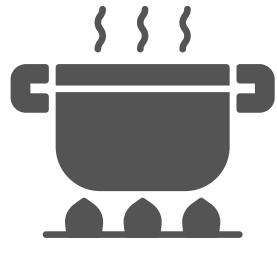
Photo/Recipe by Mehnaz Mahbub

Banana Bread



Serves

1 LOAF



Cooking

50 MIN



Prep

20 MIN



Ready in

70 MIN

INGREDIENTS

- 2-3 very ripe bananas, peeled
- 1/3 C melted butter, unsalted or salted
- 1 tsp baking soda
- Pinch of salt
- 3/4 C sugar
- 1 large egg, beaten
- 1 tsp vanilla extract
- 1 1/2 C of all-purpose flour



DIRECTIONS

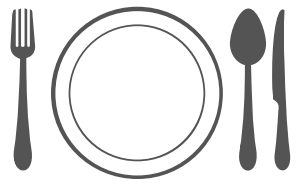
- Preheat oven to 350 F, and butter a 4x8 in loaf pan.
- In a mixing bowl, mash ripe bananas with a fork until smooth. Add melted butter and mix until combined.
- Add backing soda, salt, sugar, beaten egg, and vanilla extract. Stir until combined. Add flour. Stir until combined.
- Pour the batter into your prepared loaf pan. Bake for 50 min. to 1 hr. or until tester inserted into center comes out clean
- Remove from the oven and let cool in the pan for a few minutes. Then remove and let cool completely before serving.
- Slice and serve.

NOTE: You can alter the amount of sugar to taste - use 1/2 cup if you would like it less sweet, or 1 cup if more sweet

Photo/Recipe by Ranju K.C

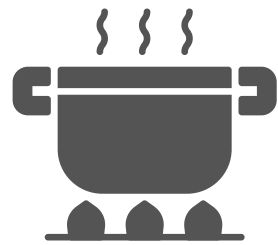
Apples with Peanut Butter & Honey Dip

This recipe can be made to your liking, add more PB powder, honey or less to your taste preference. You can make this recipe vegan with a plant based yogurt and agave for a sweetener!



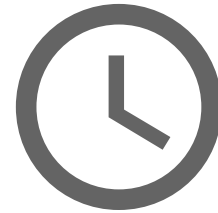
Serves

1 PERSON



Cooking

0 MIN



Prep

10 MIN



Ready in

10 MIN

INGREDIENTS

- 1 apple of your choice
- 1/2 C greek yogurt
- 3 Tbsp powdered peanut butter
- 2 tsp honey or sweetener of your choice
- Optional: cinnamon, to taste



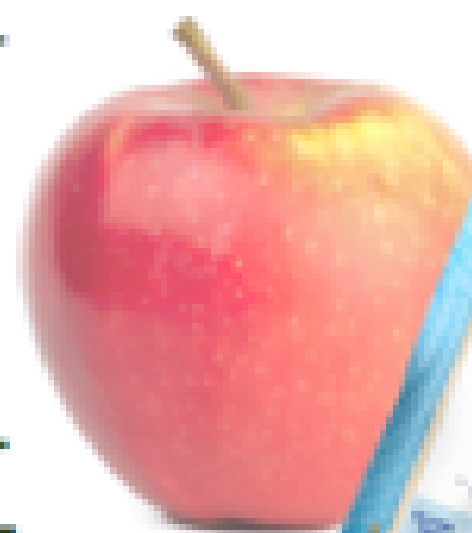
DIRECTIONS

- First, grab a cutting board and a small bowl
- Next, wash your apple and cut into slices
- Discard the core, or add to a compost bin!
- Add the rest of your ingredients into your bowl
- Mix everything together until well combined
- Dip your apple slices into your mixture and enjoy

Photo/Recipe by Cassandra Dolan



STUDY SNACK RECIPE



My favorite go-to study snack is a rice cake with sliced apples, almond butter and topped with chia seeds

□ The ingredients above are the exact ones I use for this recipe. □

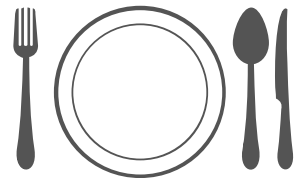
To start this recipe, you want to thinly slice your apple. Then, you want to get your rice cake. When starting to top the rice cake, you want to first add a layer of your favorite almond butter (mine is Once Again, creamy almond butter, because their only ingredient is almonds). Once you added that first layer of almond butter, you can start adding the apples. After you have your apples on top of your almond butter, you can add another layer of almond butter, with more apples on top, until you have used up all of the cut apples. Finally, sprinkle some chia seeds on top. For the last and important step,

ENJOY!



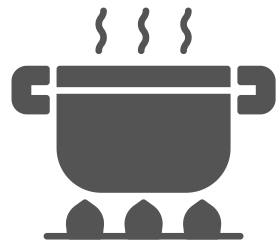
By Amanda Marrero

Everything Bagel Roasted Chickpeas



Serves

1 PERSON



Cooking

30 MIN



Prep

5 MIN



Ready in

35 MIN



INGREDIENTS

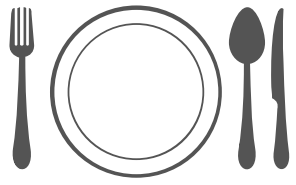
- 1 (15 oz) can of chickpeas
- 1 1/2 Tbsp of olive oil
- 1 Tbsp Everything bagel seasoning (or to your preference)

DIRECTIONS

- Preheat oven to 400 F
- Rinse chickpeas and pat dry
- Toss chickpeas, oil , and seasoning in a bowl
- Spread chickpeas onto a baking sheet.
- Roast until crispy and golden, about 30 min, toss halfway through.

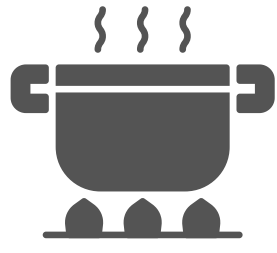
Recipe by Erica Gambino

No-Bake Almond Joy Energy Bites



Serves

18-20 BITES



Cooking

0 MIN



Prep

20 MIN



Ready in

40 MIN

INGREDIENTS

- 1 C rolled oats
- 3/4 C shredded unsweetened coconut
- 1/2 C crunchy almond butter
- 1/2 C 72% cacao dark chocolate chips
- 1/3 C honey
- 1/4 C chia seeds
- 2 tbsp ground flaxseed
- 1 tsp vanilla
- 1/4 tsp salt



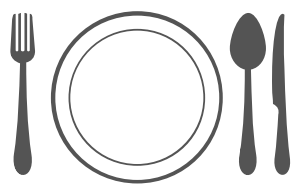
DIRECTIONS

- In a large bowl, mix all ingredients together until thoroughly combined
- Cover and let chill in fridge for 20 minutes.
- Roll into 1-inch balls and enjoy!

May substitute nut butter or liquid sweetener of your choice!

Photo/Recipe by Cynthia Canas

Chocolate Almond Butter Granola Snack



Serves

4 PEOPLE



Cooking

30 MIN



Prep

15 MIN



Ready in

1 HR

INGREDIENTS

- 3/4 C old fashioned oats
- 1-2 tbsp chia seeds
- 1/3 C almonds
- 1/2 C almond butter, unsweetened, unsalted
- 1 1/3 tbsp cacao powder (unsweetened)
- 2 tbsp unsweetened original almond milk
- 1 tbsp honey



Photos/Recipe by Janelle Polanco

DIRECTIONS

- Preheat oven to 325 F. Begin by combining rolled oats, chia seeds & almonds. Pour the mix onto a baking sheet lined with parchment paper to be lightly toasted.
- Place baking sheet into the oven and toast for 10-15 mins or until lightly golden.
- Combined almond butter, honey, almond milk & cacao powder in a medium sized bowl. If your mixture is not thick or sticky enough, you can heat the mixture in a small saucepan over low heat for about 3-5 minutes.

DIRECTIONS CONTINUE ON NEXT PAGE 

Chocolate Almond Butter Granola Cont.

DIRECTIONS CONTINUED

- Add toasted oats, chai seeds and almonds to the medium sized bowl with the almond butter, honey, almond milk & cacao mix. Combine.

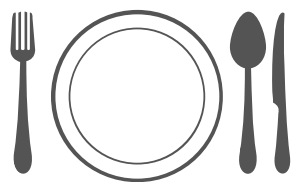


- Next, you can either form the mixture into energy balls, bars, or granola.
- For the bars or granola, pour your mixture into a small square pan or bowl lined with parchment paper. Flatten the mixture with a spoon.

- For energy balls, scoop out a spoonful of granola mix, form into ball and place in small container.
- Place energy balls, bar, or granola in refrigerator for 30-45 mins.
- For the bars, cut into rectangular or square pieces once removed from the refrigerator. for granola, break off into small pieces.
- Enjoy!

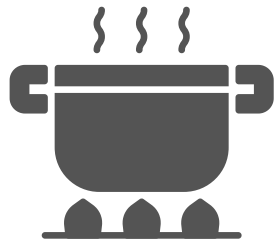


Protein-Granola Recipe



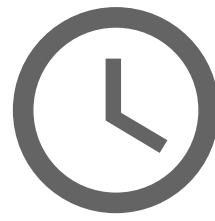
Serves

4 PEOPLE



Cooking

30 MIN



Prep

5 MIN



Ready in

30 MIN

DRY INGREDIENTS

- 3 C oats rolled or quick cooking oats.
- 2 scoops protein powder (your choice)
- 1 C of raw almonds, chopped
- $\frac{1}{4}$ tsp ground nutmeg
- 2 tsp of cinnamon
- Pinch of sea salt
- $\frac{1}{3}$ C optional extras (raisins, walnuts, etc.)



LIQUID INGREDIENTS

- 2 tsp vanilla extract
- $\frac{1}{4}$ C coconut oil or olive oil
- $\frac{1}{2}$ C honey, agave, or maple syrup.

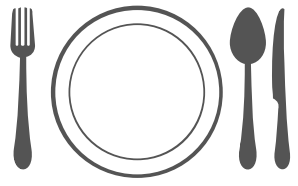


DIRECTIONS

- Preheat oven to 325 F. Place parchment paper on baking sheet.
- In a large bowl, mix all the **dry** ingredients together (plus optional extras).
- In a microwavable bowl, mix all the **liquid** ingredients in and then microwave them for 15-20 sec.
- Pour the heated liquid ingredients all over the dry ingredients and mix to ensure that all the dry ingredients get coated. Make sure the protein powder has not settled on the bottom.
- Finally spread the coated mixture onto the baking sheet evenly. Bake it for 30 min or until golden brown. After it is done, let it cool and then break it apart into pieces. You can store the remainder in a container. Enjoy!

Photo/Recipe by Justin Atristain

Avocado Toast



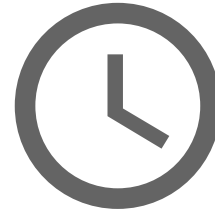
Serves

1 PERSON



Cooking

0 MIN



Prep

10 MIN



Ready in

10 MIN

INGREDIENTS

- 1 slice whole wheat bread
- 1/2 avocado
- 1 tsp everything bagel seasoning
- 1 tsp red pepper flakes
- Red onion, thinly sliced
- 1 C of warm water
- 1 Tbsp of maple syrup
- 1/2 C white vinegar
- 1 Tbsp of salt



DIRECTIONS

FOR PICKLEED ONION :

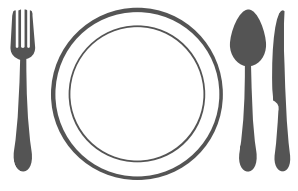
- In a jar, add thinly slice a red onion, warm water, maple syrup, white vinegar and salt. Cover and shake.
- Let it sit for an hour in a jar and it will turn a pretty pink.☆☆

FOR AVOCADO TOAST

- Toast piece of a whole wheat bread.
- Mash the half of avocado on top.
- Add red pepper flakes, everything bagel seasoning, and pickled onions to top.
- Now enjoy the delicious healthy snack before an exam or a long day of studying!

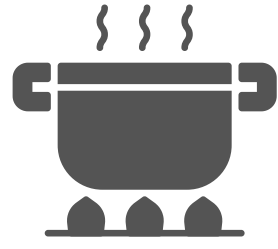
Photo/Recipe by Emily Tenaglia

Avocado Rice Cake



Serves

1 PERSON



Cooking

0 MIN



Prep

10 MIN



Ready in

10 MIN



INGREDIENTS

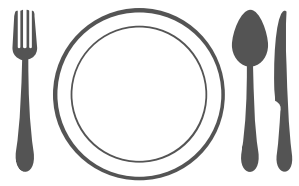
- Rice Cake, lightly salted
- 1/2 avocado
- Cherry tomatoes
- 1/4 Lemon
- Salt & pepper to taste

DIRECTIONS

- Chop tomatoes
- Cut and smash 1/2 avocado
- Add a squeeze of lemon
- Salt & pepper to taste
- Spread avocado on rice cake and top with tomato
- Enjoy

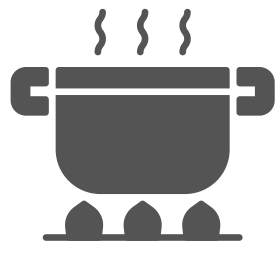
Photo/Recipe by Erica Gambino

Kimchi Fried Rice with Spam



Serves

2-3 PEOPLE



Cooking

15 MIN



Prep

5 MIN



Ready in

20 MIN



Recipe by Kiel Dominic

INGREDIENTS

- 2 C of white rice, cooked
- 3/4 lbs kimchi
- 2 tbsp vegetable oil
- 1 can spam, diced
- 1 large onion, diced
- 4 scallions, thickly sliced
- 1 tsp sesame oil
- 2 tsp fish sauce
- 2 medium garlic cloves, minced
- 1/2 C fresh cilantro leaves, chopped
- 1 hot red or green chili, stemmed & thinly sliced
- Kosher salt
- 2 Eggs, fried
- Optional: hot sauce

Note: If using day old rice, transfer to a medium bowl and break rice up with your hands into individual grains before proceeding.

DIRECTIONS CONTINUE ON NEXT PAGE ➞

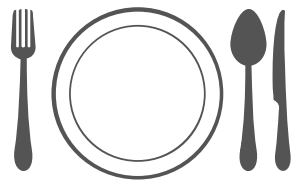
Kimchi Fried Rice with Spam cont.



DIRECTIONS

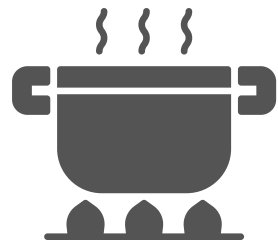
- Place kimchi in a fine-mesh strainer set over a large bowl and squeeze out excess liquid. Reserve liquid and finely chop kimchi.
- Heat 1/2 tbsp oil in a wok over medium-high heat until shimmering.
- Add Spam and cook, tossing and stirring frequently, until well browned and starting to crisp. Add chopped kimchi and onion. Cook, stirring and tossing regularly, until vegetables are softened, about 4 minutes. Transfer to a bowl and set aside.
- Add another 1/2 tbsn oil to wok. Increase to high heat and heat until smoking. Add half of rice. Cook, stirring and tossing, until rice is pale brown, toasted, and has a slightly chewy texture, about 3 minutes. Transfer to a medium bowl. Repeat with another 1/2 tablespoon oil and remaining rice.
- Return all rice to wok and press it up the sides, leaving a space in the middle. Add another 1/2 tbsp oil to the space. Add scallions (reserving some for garnish), garlic, and chili and cook, stirring gently, until lightly softened and fragrant, about 1 minute. Toss with rice to combine. Add onion, kimchi, and Spam mixture and toss to combine. Pour in reserved kimchi juice and season generously with black pepper. Add fish sauce, sesame oil, and cilantro (reserving some cilantro for garnish). Toss everything to combine. Season to taste with salt if necessary.
- When ready to serve, allow rice to sit in wok without tossing for 45 seconds to create a crisp crust underneath. Turn rice out onto a serving platter, trying to get as much of the crispy rice facing up as possible. Top with fried eggs, sprinkle with reserved scallions and cilantro, and serve immediately with hot sauce.

Tuna Salad Medley



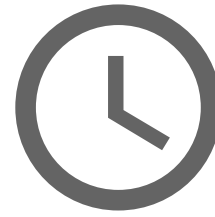
Serves

1 PERSON



Cooking

0 MIN



Prep

5 MIN



Ready in

5 MIN



INGREDIENTS

- Tuna, packed in water, 6 1/2 oz can
- 1 stalk celery, finely chopped
- 1 scallion, chopped
- 1 medium apple, cored, peeled, cubed
- 1/4 C cranberries, dried
- 1 small carrot, shredded
- Mayonnaise, light or avocado oil (as needed for garnish)
- Olives or green pepper (optional)

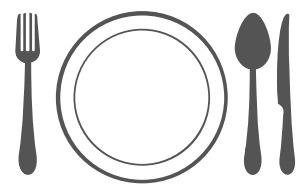
DIRECTIONS

- Drain the tuna
- Place tuna in a bowl, and flake with fork
- Add the remaining ingredients to the tuna, combine well
- Serve on bed of lettuce
- Garnish with olives or peppers

Photo/Recipe by Rina Lam

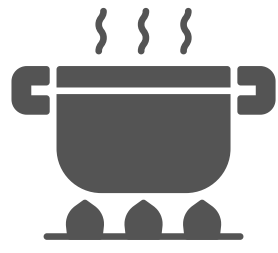
Refreshing Bean Salad

Fun Fact: Make this Vegan by eliminating the feta cheese!



Serves

4-5 PEOPLE



Cooking

0 MIN



Prep

10 MIN



Ready in

1 HR



INGREDIENTS

- 1 (15oz) can of cannellini beans
- 1 (15oz) can of black beans
- 1 (15oz) can of kidney beans
- 1/2 C of feta cheese, crumbled
- 1/2 C of green olives
- 2 Tbsp lemon juice
- 1/2 red onion, chopped
- 2 pinches oregano
- 2 Tbsp olive oil
- Salt and peper to taste

DIRECTIONS

- Add beans, onions and olives into large bowl
- Add lemon juice, oregano, olive oil, salt and pepper. Mix together
- Add feta cheese and toss to combine, careful not to break apart feta cheese
- Store in refrigerator for 1 hour to chill and enjoy.

Photo/Recipe by Brittany Rivera