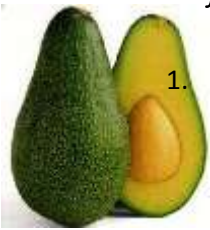


# 5 Superfood Snacks

## *Fueling Your Mind & Body for Success at Lakehead Orillia*

November is here, winter is on the way and that means exams are on the horizon. Fuel it with the right foods, especially foods high in protein which help to stabilize blood sugar, increase energy, and enhance focus.

Living in residence, off campus or commuting... give it a try. You will find what you need at Bulk Barn and any grocery store



1. **Speckled Avocados** – cut a ripe avocado in half and remove the pit, then sprinkle with chia seed & a dash of sea salt or Herbamare (a blend of sea salt & herbs); note: if you have a sweet tooth you can try topping this with a drizzle of honey or agave syrup as well.

2. **Superfood Trail Mix** – Combine goji berries, figs (stems removed), raw pumpkin seeds, raw walnuts & a few dark chocolate chips (look for enjoy life or cocoa camino dark chocolate chips for a healthier choice); note: it's best to make a large batch, then take single servings of approx. ¼ -½ cup for a quick snack on the go. Note: the Bulk Barn is a great place to find all the items above.



3. **Hummus & Veggies** – cut up fresh broccoli, celery and carrots and enjoy dipped in hummus.

4. **Stuffed Dates** – cut a handful of medjool dates (these are large dates found in the produce section of grocery stores) in half & remove pits, then stuff the middle of each date with one or two walnuts and replace the top half; enjoy at home or on the go.



5. **Berry Delicious Snack** – in a small to medium bowl combine blueberries, raspberries &/or blackberries, then top with 1/2 cup plain yogurt (either organic full fat yogurt, almond yogurt or coconut yogurt), stir and enjoy.

If you would like to learn more ways to "refuel", set up a visit with the Naturopathic Doctor at the Wellness Centre (Dr. Alison Parsons, HBS, ND); it's a FREE service for all students! 705-330-4008 x2115 or [orluwell@lakeheadu.ca](mailto:orluwell@lakeheadu.ca)

**INSTAGRAM OR TWEET A PIC OF YOU EATING A HEALTHY  
SNACK AND YOU MAY BE SPOTTED TO WIN A PRIZE**



**##LUWOLFSPOTTING**

