

smart snacking with

siggi's®

Whether you are in search of breakfast on-the-go or an afternoon treat, siggi's is the perfect base for your snacking needs. We have put together quick pairings that can be whipped up in a few minutes, and will keep you full when you need it most!

creamy peanut butter and jelly



siggi's vanilla 0% yogurt

+



¼ cup of berries

+



1 tbsp peanut butter

avocado toast 2.0



siggi's plain 0% yogurt

+



½ an avocado

+



red pepper flakes

3-ingredient smoothie



siggi's strawberry filmjök
drinkable yogurt

+



½ banana

+



1 tbsp oats

cinnamon and cardamom fruit dip



siggi's whole-milk vanilla yogurt

+



¼ tsp cinnamon

+



¼ tsp cardamom seeds

Have a bit more time on your hands? These recipes are high in protein and lower in added sugar than conventional store-bought snacks. For more recipe ideas, visit siggis.com/recipes.

coconut & date protein bites

🕒 total time: 20 mins 🍴 servings: 18 balls 📏 level: easy 🍎 calories: 280



what you need:

- 1 cup medjool dates, chopped (about 12-13 large dates)
- 1 cup raw cashews
- ¼ cup hemp seeds, hulled
- ¼ cup chia seeds
- ½ cup almond meal
- ¼ tsp fine sea salt
- ½ cup shredded unsweetened coconut, plus more for rolling
- ¼ cup siggi's vanilla 0% yogurt

what to do:

Combine all ingredients in a food processor and blend to desired consistency.

We like keeping the pieces larger for a crunchier ball.

When desired consistency is reached, form 1 oz balls then roll in the shredded coconut to coat.

Store in the refrigerator and enjoy as a quick snack!

nutrition facts:

per serving

Calories 280
Protein 8g
Total Fat 15g
Saturated Fat 3g
Cholesterol 0mg
Sodium 50mg
Total Carbohydrates 36g
Sugars 25g
Fiber 7g

lemon kale hummus

🕒 total time: 5 mins 🍴 servings: 1½ cups 📏 level: easy 🍎 calories: 80



what you need:

- 1 cup chickpeas (canned or cooked)
- ¼ cup siggi's plain 0% or 4% yogurt
- ½ cup loosely packed kale leaves, torn into small pieces
- 1-2 cloves garlic
- juice of ½ lemon
- ⅛ cup extra virgin olive oil
- salt & pepper to taste

what to do:

In a food processor, combine the chickpeas, yogurt, kale, and garlic.

On low speed, slowly pour in the olive oil about 1 tbsp at a time, adding more as needed to reach a smooth consistency. Add the lemon juice and salt & pepper to taste, giving the hummus a final whirl in the food processor.

You can also use a blender if you don't have a food processor.

Delicious with fresh veggies or as a chip dip.

nutrition facts:

per serving

Calories 80
Protein 3g
Total Fat 5g
Saturated Fat 0.5g
Cholesterol 0mg
Sodium 250mg
Total Carbohydrates 7g
Sugars 1g

siggi's breakfast pie

🕒 total time: 45 mins 🍴 servings: 8 📏 level: easy 🍎 calories: 220



what you need:

Crust:

- 2 cups of your favorite granola
- 2 tbsp butter
- dash of salt

Topping:

- 2 cups fresh berries
- 2 cups siggi's 0% plain yogurt

what to do:

Combine all crust ingredients. Press into a 9 inch pie pan and bake for 15 minutes at 350° F. Remove from oven and cool to room temperature.

Fill pie crust with yogurt.

Add the fresh fruit toppings. Chill in the refrigerator for about 30 minutes before enjoying.

Meal prep this on Sunday to have breakfast for the week!

nutrition facts:

per serving

Calories 220
Protein 11g
Total Fat 10g
Saturated Fat 4g
Cholesterol 8mg
Sodium 180mg
Total Carbohydrates 22g
Sugars 10g
Fiber 4g