



3 Crunchy Binge Eating

Hacks



★ 01

Spicy Peanut Snack Mix:





Ingredients:

- 1 cup peanuts

- 1/2 tsp olive oil

- 1/2 tsp salt

- 1/4 tsp cayenne pepper

- 1/4 tsp garlic powder

- 1/4 tsp onion powder



Instructions:

- 1. Preheat your oven to 175°C.**
- 2. In a mixing bowl, combine 1 cup of peanuts with ½ tsp of olive oil, ½ tsp of salt, ¼ tsp of cayenne pepper, ¼ tsp of garlic powder, and ¼ tsp of onion powder. Mix well until the peanuts are evenly coated with the spices.**
- 3. Spread the seasoned peanuts on a baking sheet lined with parchment paper.**
- 4. Bake the peanuts in the preheated oven for 10-12 minutes, stirring halfway through.**



5. Once done, remove the peanuts from the oven and let them cool for a few minutes.

6. Serve the spicy peanut snack mix as a delicious and flavorful snack. You can also store it in an airtight container for later use.

Enjoy your tasty and easy-to-make Spicy Peanut Snack Mix! You can also experiment with different spices and seasonings to create your own unique flavor combinations.

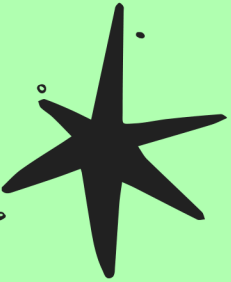
★ 02

Homemade Muesli:





Ingredients:

- 2 cups rolled oats
 - 1/2 cup dried fruits (raisins, cranberries, chopped apricots)
 - 1/4 cup chopped nuts (almonds, cashews, walnuts)
 - 2 tablespoons honey
 - 2 tablespoons olive oil
 - 1 teaspoon cinnamon
 - 1/4 teaspoon salt
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Instructions:

1. Preheat your oven to 350°F (180°C).
2. In a mixing bowl, combine the 2 cups of rolled oats, 1/2 cup of dried fruits, and 1/4 cup of chopped nuts. Mix well.
3. In a small bowl, whisk together 2 tablespoons of honey, 2 tablespoons of olive oil, 1 teaspoon of cinnamon, and 1/4 teaspoon of salt. Pour this mixture over the dry ingredients and mix until everything is coated evenly.
4. Spread the muesli mixture onto a baking sheet lined with parchment paper.





5. Bake for 15-20 minutes, stirring occasionally, until the oats are lightly golden and toasted.

6. Remove from the oven and let it cool completely.

7. Once cooled, store in an airtight container or jar.

Enjoy your homemade muesli for breakfast with some milk or yogurt, or use it as a topping for smoothie bowls or as a crunchy addition to your favorite ice cream. You can also add some fresh fruits or additional toppings of your choice to customize your muesli. Enjoy!



★ 03

Grilled Corn Salad

Recipe



Ingredients:

- 2 cups boiled corn kernels
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano



- 1 teaspoon dried thyme
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 small red onion, diced
- 1 avocado, diced
- 1/4 cup chopped fresh cilantro
- Juice of 1 lime



Instructions:

- 1. In a large bowl, toss the boiled corn kernels with 1 tablespoon of olive oil, salt, black pepper, garlic powder, oregano, and thyme.**
- 2. Preheat a grill or grill pan to medium-high heat. Place the seasoned corn kernels onto the grill and cook for 5-7 minutes, turning occasionally, until they are slightly charred.**
- 3. Remove the grilled corn kernels from the grill and let them cool for a few minutes.**



4. In the same bowl, add the red and green bell pepper, red onion, avocado, cilantro, and lime juice to the corn kernels. Drizzle the remaining tablespoon of olive oil over the top and toss everything together until well combined.

5. Serve the grilled corn salad immediately or let it chill in the refrigerator for a few hours before serving to allow the flavors to meld together.

Enjoy your delicious and easy Grilled Corn Salad! This versatile dish can be served as a side dish or as a topping for tacos, salads, or grilled meats. Enjoy!