

August Snack Pack!



TAJÍN POPCORN

Sometimes the best snacks are also the simplest. This popcorn takes just three ingredients and a few minutes, but the payoff is huge – that classic Tajín combination of chilli, salt, and tangy dried lime clinging to every piece. It's the kind of thing you can throw together for movie night, game day, or whenever a craving for something salty and a little spicy hits. Once you've had popcorn this way, plain popcorn is going to feel like it's missing something.



SOUR CREAM AND ONION POPCORN

There's nothing like a bowl of good popcorn to make movie night feel like an occasion, and this version nails that classic sour cream and onion flavour using little more than pantry staples. A whisked-together blend of dill, powdered buttermilk, onion, and garlic clings beautifully to warm, olive oil-tossed popcorn, giving you all the tang and savouriness of the potato chip flavour you love in homemade, endlessly snackable form. It comes together in ten minutes, making it the easiest way to upgrade a low-key night in.



SEASONAL FRUIT & OAT BARS

These fruit and oat bars are the kind of recipe that earns a permanent spot in your baking rotation – a buttery oat crumble on the bottom and top, with a jammy fruit filling in between that you can swap depending on what's in season. They're vegan, freezer-friendly, and endlessly adaptable, whether you're using late-summer stone fruit, a mix of berries, or apples in the fall. Best of all, they come together with just two components and very little hands-on time, making them ideal for baking ahead and keeping stashed in the freezer for whenever the craving hits.



MUDDY BUDDIES

If you grew up sneaking handfuls of this straight from the mixing bowl, you already know why it's worth making again as an adult. Crunchy cereal gets coated in a glossy layer of melted chocolate and peanut butter, then tumbled in powdered sugar until every piece is snowy and irresistible. It takes about ten minutes from start to finish, needs no oven, and disappears just as fast as it comes together – perfect for movie night, a lunchbox treat, or whenever a sweet craving hits.



COOKIE DOUGH ENERGY BITES

These no-bake energy bites taste exactly like a spoonful of raw cookie dough, minus any of the fuss. Oats and almond meal form a tender, scoopable base, sweetened with agave and studded with melty pockets of chocolate, while chia seeds sneak in a little extra staying power. There's no oven involved and no chilling overnight – just a food processor, a few minutes of rolling, and a batch of bites ready to grab on your way out the door. They're an easy make-ahead snack for lunchboxes, road trips, or anytime you want something that feels a little indulgent but is actually packed with good ingredients.



MATCHA WHITE CHOCOLATE CHIP ENERGY BITES

These no-bake bites are the perfect antidote to an afternoon slump – earthy matcha and sweet white chocolate turn out to be a genuinely wonderful pairing, and the whole thing comes together in one food processor with no oven required. Almond meal and oats form a tender, scoopable base, agave and coconut oil bind everything together, and pockets of melty white chocolate keep every bite feeling just a little indulgent. They're easy to make ahead, hold up well in the fridge or freezer, and make a great grab-and-go snack, lunchbox addition, or pre-workout pick-me-up.

Tajín Popcorn

Yield : 4 to 6 Servings



Ingredients

1½ cups popcorn kernels
2 tablespoons vegetable oil
3 tablespoons Tajín

Method

Heat the vegetable oil in a large, heavy-bottomed pot over medium heat. Add three or four popcorn kernels and cover with a lid. Once those test kernels pop, add the remaining kernels in an even layer, cover again, and remove the pot from the heat for about 30 seconds — this brings the oil to a consistent temperature so the rest of the kernels pop more evenly.

Return the pot to the heat and cook, gently shaking the pot every few seconds, until the popping slows to a few seconds between pops. Remove from the heat immediately to avoid scorching, and let the pot sit, still covered, for about 30 seconds to let any lingering kernels finish popping.

Pour the popcorn into a large bowl, leaving behind any unpopped kernels at the bottom of the pot. Pour the Tajín over the top and toss well until evenly distributed. Serve immediately.

Recipe Notes:

For an even coating, toss the popcorn in batches with a portion of the oil and Tajín rather than adding everything all at once — this helps the seasoning stick evenly rather than settling at the bottom of the bowl.

Tajín can vary in saltiness and heat between batches, so taste as you go and add a little more if needed.

Best enjoyed fresh, as popcorn loses its crispness within a few hours.



Sour Cream and Onion Popcorn

Yield : 2 to 4 Servings



Ingredients

- ½ cup popcorn kernels
- 3 tablespoons extra virgin olive oil
- 1 teaspoon dried dill
- 3 tablespoons powdered buttermilk
- 1½ tablespoons onion powder
- 1 teaspoon garlic powder
- ½ teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper

Method

In a small bowl, whisk together the dried dill, powdered buttermilk, onion powder, garlic powder, salt, and pepper. Set aside.

Heat the olive oil in a large, heavy-bottomed pot over medium heat. Add three or four popcorn kernels and cover with a lid. Once those test kernels pop, add the remaining kernels in an even layer, cover again, and remove the pot from the heat for about 30 seconds — this brings the oil to a consistent temperature so the rest of the kernels pop more evenly.

Return the pot to the heat and cook, gently shaking the pot every few seconds, until the popping slows to a few seconds between pops. Remove from the heat immediately to avoid scorching, and let the pot sit, still covered, for about 30 seconds to let any lingering kernels finish popping.

Pour the popcorn into a large bowl, leaving behind any unpopped kernels at the bottom of the pot. Pour the seasoning mixture over the popcorn and toss well until evenly coated. Serve immediately.

Recipe Notes:

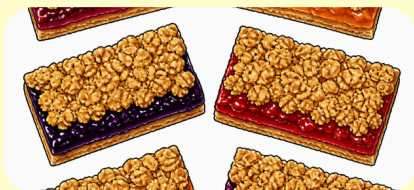
Powdered buttermilk can usually be found near the baking or powdered milk section of the grocery store. If you can't find it, powdered milk can be substituted, though you may want to add a little extra salt, since powdered milk is sweeter than buttermilk.

This recipe makes about 7 to 8 cups of popped popcorn — roughly what you'd get from one bag of microwave popcorn, if using that method instead of stovetop popping.



Seasonal Fruit & Oat Bars

Yield : 12 Bars



Ingredients

Filling

4 cups fresh seasonal fruit,
chopped (such as berries,
peaches, or apples)
½ cup granulated sugar
1 tablespoon orange zest
1 teaspoon vanilla extract
3 tablespoons chia seeds

Crumble

1½ cups rolled oats
2 cups all-purpose flour
1 cup brown sugar, packed
½ teaspoon kosher salt
1 cup vegan butter, such as Earth
Balance, melted

Method

Preheat the oven to 350°F (175°C) and line a 9 x 13-inch baking pan with parchment paper, leaving some overhang on the sides for easy removal later.

Start with the filling. Combine the fruit and sugar in a saucepan over medium heat and bring to a heavy simmer. Cook for about 15 minutes, stirring often so the fruit doesn't scorch on the bottom. Remove from the heat and stir in the orange zest, vanilla extract, and chia seeds. Set aside to cool while you make the crumble.

In a large mixing bowl, combine the oats, flour, brown sugar, and salt. Add the melted vegan butter and mix well until the mixture is evenly moistened and holds together when pressed.

Press about two-thirds of the crumble mixture firmly and evenly into the base of the prepared pan. Spread the cooled fruit filling evenly over the top, then scatter the remaining crumble over the filling.

Bake for 40 to 45 minutes, until the top is golden and the filling is bubbling at the edges. Allow to cool completely in the pan, then wrap and freeze for at least a few hours before cutting for the cleanest slices.

Cut into 12 bars once fully chilled or frozen.

Recipe Notes:

These bars freeze beautifully — wrap tightly and store in the freezer for up to 2 months. Cutting them while still frozen or well chilled gives the cleanest edges; let bars come to room temperature, or warm gently, before serving if you prefer them soft.

Almost any fruit works here — berries, stone fruit, and apples are all excellent choices. If using a very juicy fruit, you may want to cook the filling a few extra minutes to help it thicken.



Muddy Buddies

Yield : 4 Servings



Ingredients

4½ cups corn or rice Chex
cereal

½ cup chocolate chips

¼ cup peanut butter

2 tablespoons unsalted butter

¾ cup powdered sugar

½ teaspoon vanilla extract

Pinch of kosher salt

Method

Measure the cereal into a large bowl and set aside.

Set up a double boiler by placing a heatproof bowl over a saucepan of gently simmering water, making sure the base of the bowl doesn't touch the water. Add the chocolate chips, peanut butter, and butter and warm gently, stirring often, until fully melted and smooth. Stir in the vanilla and salt.

Pour the melted mixture over the cereal and toss gently with a spatula until every piece is evenly coated.

Add the powdered sugar to the coated cereal — a large zip-top bag works well for this — and toss or shake until the cereal is evenly and generously covered in sugar.

Spread the mixture out on a baking sheet lined with parchment paper and let it sit for a few minutes to set before serving.

Recipe Notes:

Unsalted butter can be swapped for a good vegan butter to keep this dairy-free — the texture and flavour hold up beautifully either way.

Store in an airtight container at room temperature for up to a week.



Cookie Dough Energy Bites

Yield : 26 Bites



Ingredients

1 cup rolled oats
1 cup almond meal
½ cup peanut butter
6½ tablespoons agave syrup
2 cups shredded coconut
½ teaspoon kosher salt
1 teaspoon vanilla extract
¼ cup chia seeds
½ cup chocolate chips or chopped chocolate

Method

Add the oats and shredded coconut to a food processor and grind until finely textured. Add the almond meal, peanut butter, agave, salt, vanilla extract, almond extract, and chia seeds, and process until everything comes together into a thick, cohesive mixture.

Transfer the mixture to a bowl and fold in the chocolate chips. Roll into tablespoon-sized balls — a small cookie scoop makes this quick and even — and chill until firm. If the mixture feels too dry to hold together, work in a little more peanut butter, a tablespoon at a time, until it comes together easily.

Recipe Notes:

If the dough feels dry or crumbly, add extra peanut butter a tablespoon at a time until it holds together smoothly when rolled.



Matcha White Chocolate Chip Energy Bites

Yield : 20 Bites



Ingredients

1½ cups almond meal
1 cup rolled oats
4 tablespoons matcha powder
¼ cup agave syrup
2 tablespoons coconut oil
1 teaspoon vanilla extract
¼ teaspoon kosher salt
½ cup white chocolate chips or
chopped white chocolate

Method

Add the oats and almond meal to a food processor and grind until finely textured. Add the matcha, agave, coconut oil, vanilla, and salt, and process until the mixture comes together into a thick, cohesive dough.

Transfer the mixture to a bowl and fold in the white chocolate chips. Roll into tablespoon-sized balls — a small cookie scoop makes this quick and even — and chill until firm.

Recipe Notes:

If the mixture feels too dry or crumbly to hold together, add a little extra agave, a teaspoon at a time, until it comes together smoothly when rolled.

Store in an airtight container in the refrigerator for up to 1 week, or freeze for up to 2 months.

