



SNACK RECIPES





MICROGREENS CHIPS

Ingredients:

- 1 cup kale or spinach microgreens
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon garlic powder (optional)

Instructions:

1. Preheat oven to 300°F (150°C).
2. Toss microgreens with olive oil, salt, and garlic powder.
3. Spread evenly on a baking sheet lined with parchment paper.
4. Bake for 8–10 minutes, until crisp (watch closely to avoid burning).
5. Let cool for 2 minutes before serving.



MICROGREENS HUMUS

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 tablespoons tahini
- 1 clove garlic, minced
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/2 cup mixed microgreens (e.g., radish, sunflower)
- Salt and pepper to taste
- Water (as needed for consistency)

Instructions:

1. In a food processor, combine chickpeas, tahini, garlic, lemon juice, and olive oil.
2. Blend until smooth, adding water if needed to reach desired consistency.
3. Add microgreens and blend until fully incorporated.
4. Season with salt and pepper.
5. Serve with pita bread or veggies!



MICROGREENS BRUSCHETTA

Ingredients:

- 1 baguette, sliced and toasted
- 1 cup cherry tomatoes, diced
- 1 clove garlic, minced
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1/2 cup mixed microgreens (e.g., basil, arugula)

Instructions:

1. In a bowl, mix cherry tomatoes, garlic, balsamic vinegar, olive oil, salt, and pepper.
2. Spoon the mixture onto toasted baguette slices.
3. Top with microgreens.
4. Serve immediately!



MICROGREENS SPRING ROLLS

Ingredients:

- 6 rice paper wrappers
- 1 cup mixed microgreens (e.g., radish, pea shoots)
- 1/2 cup shredded carrots
- 1/2 cucumber, julienned
- 1/2 avocado, sliced
- 6 cooked shrimp or tofu strips (optional)
- 1 tablespoon sesame seeds (optional)

Instructions:

1. Soak rice paper wrappers in warm water until soft.
2. Lay on a flat surface and add microgreens, carrots, cucumber, avocado, and shrimp or tofu.
3. Roll tightly, tucking in the sides.
4. Mix sauce ingredients in a small bowl.
5. Serve spring rolls with dipping sauce!

