

Pilar's Quick-Trick Snack Stack

Too busy for breakfast? Try our founding editor's no-fuss, gluten-free, whole-food solution — also ideal as an anytime snack.

Preloaded, stackable containers are key to the efficiency of this easy-to-make breakfast or snack. They eliminate time-consuming fumbling with multiple bags, boxes, and canisters — and they make prep and cleanup a snap.

You can choose any combination of low-glycemic fruits, berries, coconut, nuts, and seeds that you like. Switch up your selections based on what you have on hand, your mood, or what's in season.

Start with a half cup or so of your preferred fruit in a bowl, then add each of the other ingredients in turn, restacking containers as you go. Finally, add whole or unsweetened non-dairy milk (or yogurt) to taste. Adjust serving sizes and ingredient ratios based on your appetite and energy needs. See a how-to video at ELmag.com/snackstack.



1. Start with about a $\frac{1}{2}$ cup lower-glycemic seasonal fresh fruit. Try berries, chopped apple, or sliced peach. (Avoid banana, melon, and pineapple.)



2. Add a handful (approximately $\frac{1}{2}$ cup) of raw, unsalted nuts. Best nutritional options: walnuts, pecans, or almonds. Use sprouted nuts, if you prefer.



3. Add a handful of coarse-flaked (not shredded), unsweetened coconut. It adds a chewy texture and a dose of medium-chain triglycerides.



4. Add 1 to 2 tbs. of raw, unsalted seeds (try chia, sunflower, sesame or pumpkin). You can also use ground hemp or flaxseeds (but store them in the fridge).



5. Sprinkle on 1 to 2 tsp. of dried fruit, like currants, raisins, cherries, or goji berries. Finely chop larger dried fruits like apricots. Choose organic, unsweetened fruits when possible.