

Healthy Snacks

- **Salsa & baked tortilla chips**
- **Hummus & brown rice chips** (or other healthy cracker)
- **Pretzels – whole wheat or spelt**
- **Edamame** (soybeans in the pod, easily found in the freezer section)
- **Fruit Smoothie – start with peeled frozen bananas, add other frozen fruits/berries and any juice to desired consistency. Ice optional. We eat with a spoon and a straw.**
- **Grapes – frozen**
- **Spelt pretzels or Paul Newman's**
- **Sesame sticks** (good in salads too)
- **Almonds – try: soaking overnight, eat within a day or two**
- **Fennel – raw ... try it!**
- **Sushi – made with brown rice & cucumbers, carrots, avocados, asparagus etc.**
- **Applesauce**
- **Guacamole and baked tortilla chips**
- **Dolmades** (grape leaves stuffed with rice, lemon, spices)
- **Licorice – from Panda, no substitutions please!**
- **Pirate's Booty** (yummy snack from health food store)
- **Green Beans Vinaigrette** (chilled can of beans and dressing of choice)
- **Pea Pods – when fresh, plump and raw, these are a real treat for all ages**
- **Fruit – “God's candy” Banana, Strawberries, Pineapple, Melon, Pomegranate, Orange, Apple, Pear, Grapefruit, Mango, Papaya, Plum, Peach, Cherries etc.**
- **Jicama – a sweet, crunchy tuber from Mexico. Just peel, slice and eat.**
- **Fruit Leather – 100% fruit strip from healthy grocers**
- **Baba ghanouj** (roast eggplant puree) **with veggies or crackers**
- **Soup – instant, organic, baked ramen, & veggie varieties**
- **Cereal – Shop at Healthy grocers and read labels, good anytime with some almond milk or apple juice**
- **Raisins, Prunes – or other dried fruit**
- **Muffins – vegan varieties**

For vegan recipes and other ideas, please visit www.Vegan-Gal.com

- **Nuts & Seeds** – raw or lightly salted, try the ones coated with maple syrup in the bulk bins at the healthy grocers
- **Granola bars** – watch the ingredient labels and types of sweetener and fat
- **Soy Yogurt**
- **Snack Kebobs** (fruits and veggies on pretzel sticks)
- **Ants on a log** (fill celery w/ nut butter, arrange raisins on top)
- **Popcorn** – Air popped preferred with spices of choice
- **Tortilla with warmed, seasoned beans, lettuce, etc.**
- **Trail Mix** (raw nuts, seed, & dried fruit)
- **High Fiber Bran muffins** (sweetened with molasses or sucanat)
- **100% juice Popsicles**
- **Baked Potato** (sweet) – easy to make ahead, eat cold on the run
- **Rice cakes plain or with toppings/dips**
- **Date and Pecan Rolls** (blend dates then roll in pecans)
- **Mix in small baggies** – whole grain cereals, nuts, pretzels, raisins
- **Cut up Veggies plain, with salad dressing or other dip or spread**
- **Peanut Butter and Jelly on whole grain cut-outs** (use cookie cutters)
- **Sweet Potato Pudding** – or use squash, soymilk & sweetener
- **Canned Pumpkin** – bake with maple syrup, cinnamon, pecans

1. **Learn to read labels**
2. **Buy WHOLE FOODS!!!!!!!**
3. **Buy healthier snacks**
4. **Keep servings small, graze all day, 5 or 6 small meals are healthier for kids and grown ups too. “Regularly fueling the furnace”**
5. **Avoid processed food**
6. **Stay away from fast food And Soda –they are KILLERS!**

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