



Gluten & Dairy Free Snacks

- Popcorn with dried fruit, nuts or chopped dark chocolate
- Hummus with veggies or gluten free pretzels
- Freeze a big batch of Morning Glory or Banana Muffins (thaw at room temp for 1 hour)
- Guacamole with veggies or crackers
- Roasted chickpeas
- Dairy free yogurt with Granola (made with gluten free oats)
- Whole dates stuffed with nut butter, dark chocolate or coconut
- Fresh fruit
- ½ avocado stuffed with black beans and Mango Salsa
- Make your own trail mix with nuts, seeds, dried fruit, and dark chocolate
- Lettuce cups with chickpea salad, tuna or chicken salad
- Rice cakes with nut butter & banana, or avocado and hemp hearts
- Mini bell peppers stuffed with egg or chickpea salad
- Pumpkin Dark Chocolate Chip Cookies
- Smoothies
- Cookie Dough Dip with apples
- Apple, celery or carrot with nut butter
- Cauliflower Ceviche with gluten free crackers or tortilla chips
- Kale Chips
- Granola bars
- Dried Fruit
- Applesauce
- Veggies with Salsa
- Protein Balls (there are countless recipes out there to try)
- Large lettuce leaves with salsa and beans
- Nut or seed butter & granola on thick sliced bananas
- Chocolate Nice Cream (blend frozen banana, non-dairy milk and cocoa powder together)
- Smoothie bowl
- Chia seed pudding (stir together 2 tablespoons chia seeds, 1/2 cup milk 1 teaspoon maple syrup and chill for at least 2 hours)



Easy Gluten & Dairy Free Snacks

Seeded Crackers

Serves 2

- ½ cup chia seeds
- 1 cup raw sunflower seeds
- ½ cup raw sesame or flax seeds
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried herbs of choice, optional
- ¼ teaspoon salt
- 1 cup water

Preheat the oven to 300F. Line a large sheet pan with parchment paper and set aside.

In a large bowl add all the ingredients except water and stir to combine. Add the water and stir until thoroughly combined. Allow to sit for 5 minutes until all the water is absorbed by the seeds.

Dump the seed mixture onto the prepared baking sheet and separate in half, so you have two mounds. Use clean wet hands to spread the seed mixture onto the baking sheet into two rectangles about ¼" thick, with an inch of space between each one.

Bake for 30-35 minutes, until bottom is firm and starting to brown. Remove from the oven and carefully flip each cracker over with a spatula. Bake for 25-30 minutes more until light golden brown around the edges. Allow to cool on a wire rack and then break into cracker sized pieces. The crackers can be stored in an airtight container on the counter for 2 weeks.

Nut Butter & Chocolate Stuffed Dates

Serves 2

- 6 large whole dates, such as medjool
- 2 tablespoons nut or seed butter of choice
- 2 tablespoons chopped dark chocolate

If the dates aren't already pitted, cut a shallow slit lengthwise down the center of the date. Gently squeeze to pop the pit out. Discard the pit.

Spoon 1 teaspoon of nut butter into the cavity of each date. Sprinkle with a teaspoon of dark chocolate or other topping as desired. Enjoy!

Variations: The dark chocolate is superb in these dates, but what you can stuff into these dates is endless. Play around with different ingredients. Some suggestions: unsweetened shredded coconut, dried fruit, bacon bits, candied ginger, whole nuts in lieu of nut butter, sprinkle of cinnamon, granola, chocolate chip cookie dough dip (see recipe below)



Avocado with Mango Salsa

Serves 2

1 mango diced
½ cup black beans
1/4 red onion, diced
1/2 cup cilantro
1/2 cucumber, peeled, seeded and diced
1/2 red bell pepper, seeded and diced
Dash of cayenne, or more to taste (optional)
1/2 lime juiced
1/4 teaspoon sea salt

1 avocado

Combine all ingredients, except avocado, in a bowl and stir thoroughly to combine. Taste for seasonings and adjust.

Slice the avocado in half lengthwise and remove the pit. Spoon mango salsa over the top and enjoy!

Note: This will make more salsa than you need for the avocados. Salsa will keep in the fridge for 2-3 days. Use the leftovers as a chip dip, on tacos or eat it all by itself!

Chocolate Chip Cookie Dough Dip

Serves 4

1 heaping cup pitted dates
1 15-oz can chickpeas or 1.5 cups cooked chickpeas
Large pinch of salt
1/4 cup seed or nut butter
2 tablespoons gluten free oats, optional
1/4 cup mini-chocolate chips or chopped dark chocolate, non-dairy if needed
Gluten free pretzels, graham crackers or apple slices, for serving

Cover the dates with water in a small sauce pan and simmer for 5 minutes. Drain, reserving the cooking water.

Add dates, chickpeas, salt, nut butter and oats to the bowl of a food processor. Process for 3-5 minutes, adding reserved cooking water as necessary to help blend. Process until very smooth and creamy, scraping down the sides once or twice.

Scrape the mixture into a bowl. The mixture will be warm from the dates and cooking water. You can add chocolate chips now, but they may melt slightly. Or allow to cool and add chocolate chips, your call! Stir to combine. You can eat this dip right away, or put it in a covered container in the fridge and eat it chilled.

Serve with apples, graham crackers, pretzels, or eat straight from the bowl like my kids do!