



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
- 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)