



30 Vegan & Gluten Free Snack Ideas

1. **Banana Bread or Muffins**
2. **Pumpkin Dark Chocolate Chip Cookies**
3. **Oatmeal pancake** with berries, nut or seed butter
4. **Whole dates** stuffed with nut butter, dark chocolate or coconut
5. **Cookie Dough Dip** with apples or pretzels
6. **Dried Fruit** - Find no sugar added fruit. Add a handful of nuts or seeds for a well-balanced snack.
7. **Fresh Fruit** - eat as much as you want whenever you want!
8. **Rice cakes** with nut butter & banana or coconut yogurt & sliced strawberries.
9. **Applesauce** or other fruit purees. Top with toasted nuts or seeds for some crunch.
10. **Chickpea Brownies**
11. **Snack Bites** - Try one of these recipes from [Veeg](#) or [Plantiful Cooking](#)
12. **Homemade Granola Bars** - Try one of these recipes from [Running on Real Food](#) or [Vegan Huggs](#)
13. **Yogurt Parfaits** with fresh fruit and granola by [Vegan Blueberry](#).
14. **Bananas** - thick sliced with peanut butter and dark chocolate drizzle.
15. **Chia Seed Pudding** - Try this recipe by [Vegan Blueberry](#).
16. **Chickpea Salad** - Serve with crackers, in a [gluten free tortilla](#), or in a large lettuce leaf.
17. **Mini Bell Peppers** - stuffed with [chickpea salad](#) or vegan cream cheese.
18. **Romaine Leaves** - stuff with black beans and top with salsa.
19. **Vegan Queso** - serve with tortilla chips or drizzle on top of the romaine leaves in the snack above.
20. **Sweet Potato Fries** - delicious dipped in avocado ranch dressing or all by themselves.
21. **Sesame Kale Chips** - by Mae's Menu - easy air fryer snack.
22. **Gluten Free Quinoa Crackers** - by The Hidden Veggies
23. **Mango Salsa** - Dip chips in this, eat it in a tortilla, or top half an avocado with it.
24. **Jerk Tofu Bites**
25. **Veggies and Hummus** - try this [Smoky Acorn Squash Hummus](#) by Stacey Homemaker.
26. **Popcorn** - Try it sprinkled with tamari or coconut aminos and nutritional yeast.
27. **Guacamole** - Mix with a couple spoonfuls of salsa for an extra kick. Eat with veggies or crackers.
28. **Savory Nut Mix** - Toss nuts or seeds with a sprinkle of tamari, nutritional yeast and garlic powder and bake at 350F for 5-7 minutes until browned.
29. **Rice Cakes** - Top with mashed avocado, radishes and microgreens. Or any other spreads and veg.
30. **Roasted Veggies** - I like to keep a big container of roasted veggies in my fridge to pull out and snack on. Drizzle them with [roasted red pepper sauce](#) or any dressing you have on hand.