

# 30 Snack Ideas

VEGAN + GLUTEN-FREE

## 1. Muffins

banana muffins or bread

## 2. Cookies

soft pumpkin cookies or  
chocolate chip cookies

## 3. Pancakes

oatmeal pancakes or  
Bisquick pancakes

## 4. Stuffed Dates

with nut butter, dark  
chocolate, coconut

## 5. Dessert Hummus

cookie dough dip or  
brownie batter

## 6. Trail Mix

with dried fruit,  
granola, nuts, seeds

## 7. Fresh Fruit

strawberries, cuties,  
pineapple, etc

## 8. Rice Cakes

with nut butter, banana  
slices, chocolate chips

## 9. Truffles

cocoa date or chickpea  
cookie dough

## 10. Brownies

chickpea brownies or  
mug brownie

## 11. Energy Bites

pumpkin protein balls,  
chocolate quinoa crunch,  
granola bars

## 12. Yogurt Parfait

PB & banana, mixed  
berry, apple pie

## 13. Banana Bites

with nut butter and  
dipped in chocolate

## 14. Chia Pudding

chai spiced, chocolate,  
or mixed berry

## 15. Apple Chips

baked with cinnamon

## 16. Chickpea Salad

with mini bell peppers,  
lettuce, or chips

## 17. Cashew Queso

with chickpea tortilla  
chips

## 18. Sweet Potato Fries

with avocado ranch

## 19. Vegetable Chips

kale chips, zucchini  
chips, beet chips

## 20. Crackers + Cheese

quinoa crackers with tofu  
ricotta cheese

## 21. Chips + Salsa

mango salsa,  
cranberry salsa

## 22. Tofu Bites

with jerk sauce or  
classic vegan ranch

## 23. Hummus

with mini peppers and  
carrot sticks

## 24. Popcorn

with nutritional yeast  
and ranch seasoning

## 25. Pinwheels

with tofu ricotta, sundried  
tomatoes, spinach

## 26. Nuts

roasted with tamari,  
nutritional yeast, garlic

## 27. Rice Cakes

with avocado,  
radish, microgreens

## 28. Veggies

roasted with maple Dijon

## 29. Chickpeas

roasted with ranch, garlic,  
smoky paprika, etc

## 30. Mini Pizzas

with gluten-free crust,  
marinara, vegan cheese