

# 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](#)