

Healthy Snacks

- **Almonds** (try: soaking overnight, eat within a day or two)
- **Applesauce**
- **Cereal - shop at Healthy grocers and read labels, good anytime with some almond milk**
- **Dolmades** (grape leaves stuffed with rice, lemon, spices)
- **Edamame** (soybeans in the pod, easily found in the freezer section)
- **Fennel - raw.... try it.**
- **Fruit - "God's candy"**
- **Fruit Leather - 100% fruit strip from healthy grocers**
- **Fruit Smoothie** - (start with peeled frozen bananas, add other frozen fruits/berries and any juice to desired consistency. Ice optional. We eat with a spoon and a straw)
- **Granola bars - watch the ingredient labels and types of sweetener and fat**
- **Grapes - frozen**
- **Green Beans Vinaigrette** (chilled can of beans and dressing of choice)
- **Hummus & brown rice chips** (or other healthy cracker)
- **Jicama - a sweet, crunchy tuber from Mexico. Just peel, slice and eat.**
- **Juice**
- **Licorice - from Panda, no substitutions please!**
- **Muffins - vegan varieties**
- **Nuts - try the ones coated with maple syrup in the bulk bins at the healthy grocers**
- **Pea Pods - when fresh, plump and raw, these are a real treat for all ages**
- **Popcorn - air popped preferred with spices of choice**
- **Pretzels - whole wheat or spelt**
- **Prunes**
- **Raisins**
- **Salsa & baked tortilla chips**
- **Sesame sticks** (good in salads too)
- **Soup - instant, organic, baked ramen, & veggie varieties**
- **Soy Yogurt**
- **Sushi - made with brown rice & cucumbers, carrots, avocados, asparagus etc.**

For vegan recipes and other ideas, please visit www.Vegan-Gal.com