

SNACK IDEAS



Your New Vegan Lifestyle

Snack Ideas:

Hummus and veggies
Medjool Dates
Roasted seaweed
Beet chips/kale chips
Sliced bananas/apples w/nut butter
Mary's Gone Crackers w/vegan cheese
Trail mix - add seeds like sunflower or pumpkin
Smashed avocado on toast or crackers
PB & jelly sandwich
Celery stalks with vegan cream cheese
Nut butter stuffed medjool dates
Dark chocolate 72% or higher
Organic Popcorn - topped w/nutritional yeast
Roasted chickpeas
Edamame
Granola (Purely Elizabeth)
Fresh fruit topped w/nuts, seeds, mulberries and add nut milk

Black Bean & Pumpkin Seed Dip

Ingredients:

1 ¼ cups canned black beans
2 handfuls of cilantro
1 tbsp lime juice
2 tbsp olive oil
2 tbsp water
1 garlic clove, crushed
¼ tsp salt or to taste
Pita chips or Mary's gone crackers

(set aside a few black beans & cilantro for garnish)

Directions:

Put all ingredients in food processor and blend well, but leave some texture. Spoon into a bowl, garnish with reserved black beans and cilantro and serve with tortillas or crackers.

Kale Chips

Ingredients:

- 1 bunch kale
- 1 tbsp oil (avocado/coconut)
- ¼ tsp salt
- ¼ tsp garlic powder
- ¼ tsp nutritional yeast (optional)

Directions:

Preheat oven to 350 degrees. Spray baking sheet with cooking spray. Tear kale leaves into bite-size pieces, removing the center rib and stems. In a large bowl, combine kale, oil and salt and massage together. Place in a single layer on baking sheet and bake until crisp about 12 - 15 minutes.

Beet Hummus

Ingredients:

- 1 15 oz can chickpeas, reserve liquid
- ¼ cup tahini
- ¼ cup lemon juice
- 2 garlic cloves
- 1 beet, roasted, cooled and chopped
- (paprika, olive oil & parsley for garnish)

Directions:

Combine all ingredients except garnish in a food processor and puree until smooth. Add reserved garbanzo bean liquid if needed. Chill for 1 to 2 hours and serve with raw carrots, celery or any veggie of your choice.

Artichoke Hummus**Ingredients:**

2 cups sprouted chickpeas (or canned)
4 tbsp tahini
1 ½ lemon, juiced
1 tsp salt
4 cloves garlic
1 tbsp cumin
1 can artichokes, whole, rinsed

Directions:

Add all ingredients in blender or food processor and blend until smooth. Add water as needed to desired consistency

Roasted Chickpeas**Ingredients:**

2 cans chickpeas rinsed
S&P to taste
½ tsp garlic powder
½ tsp paprika powder
½ tsp red pepper flakes
½ tsp avocado oil or spray

Directions:

Preheat oven to 350 F. Toss chickpeas with all ingredients and coat well. Place on baking sheet and bake in oven about 30 mins or until chickpeas look roasted (browning) and crispy