

snackconscious™

THE ULTIMATE GUIDE TO

70 Snacks That Are Not Only Plant-Based But Also Healthy

Written by Katherine Wellman



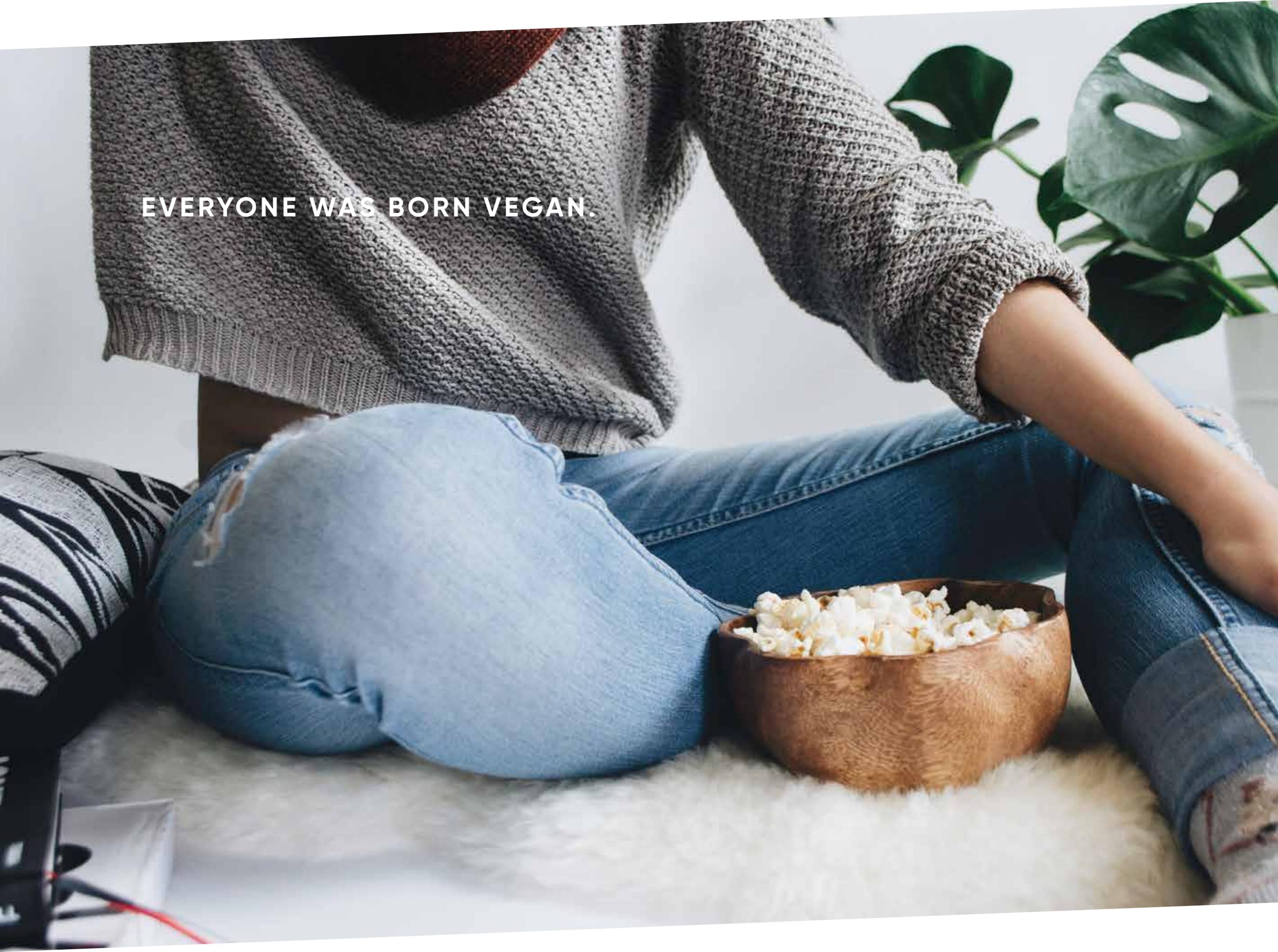
No one should be denied a healthy and delicious snack.

Snacking is an important part of any diet. That's right – I said diet. Even if you're trying to lean out or eat a healthfully and balanced, snacks get you from one meal to the next. They should be as balanced as possible when it comes to sugar, protein, and essential vitamins so that it does its job and keeps you just full enough before you reach your next meal.

Most of the snacks in the ebook can be whipped together in less than 10 minutes. There's some that can be purchased at a reasonable price, some that take a couple minutes, and some that require a bit of prep work up front, but can stay in your fridge for days at a time.

Ready? Are you hungry? Here we go!

EVERYONE WAS BORN VEGAN.



“THINK OCCASIONALLY OF THE SUFFERING OF WHICH YOU SPARE YOURSELF THE SIGHT.”
- ALBERT SCHWEITZER

1. OLIVES

This is such a great snack idea for so many reasons. They last weeks in the fridge and transport fairly easily in a snack container. Olives are an unusual fruit because of their high fat content. The most abundant fatty acid is oleic acid, which is good for the heart and decreases inflammation. A 100 gram serving of olives is about 125–150 calories depending on the variety, that’s about 60 calories for 10 olives. They also consist of 75–80% water, 11–15% monounsaturated fat (that’s the good stuff), 4–6% carbs (of which 50–75% is fibre), and there’s even minor amounts of protein! Additionally, olives are a good source of iron, calcium, copper, and vitamin E.

2. HUMMUS AND CRACKERS

Hummus is a healthy and delicious savoury snack. It’s affordable and easy to take with you to work or as you run errands and hunger hits. A quarter cup of hummus is about 100 calories, 6 grams of fat, just under 4 grams of fibre, and almost 5 grams of protein. Whether you make it yourself (which is super simple – chickpeas, olive oil, garlic, tahini, lemon juice, and cumin – blended until smooth), or buy it – hummus is always a great snack option. While they probably won’t help you see in the dark, carrots are packed with

vitamin A and other antioxidants and are a great crunchy snack. A cup of carrots only has 52 calories, 3.5 grams of fibre, and 3 grams of sugar.

3. APPLE SLICES AND NUT BUTTER

An apple a day... helps to keep you regular! An apple has around 4 grams of fibre, and less than 100 calories (depending on the size of the apple of course). This crunchy sweet snack will help to curb that craving for sweets that might hit you after a meal or in the evenings. Add on some almond, cashew, or classic peanut butter and you have yourself a balanced, nutritious snack! Be careful not to over do it with the nut butters. Even the no additive nut butters can be high in calories. A 100 gram serving of almond butter at just under 100 calories, 0.7 grams of saturated fat, 2.2 grams of polyunsaturated fat, and 5 grams of monounsaturated fat. Luckily the apple has zero fat of any kind. Balance is always the name of the game when it comes to snacking!

4. INSTANT OATMEAL

Plain oatmeal is wonderful for so many reasons. It’s a quick and easy snack, comforting on a cold day, and provides nutritious sustenance that will help you get to your next meal. For added health benefits, add some hemp, chia, and/or flax meal. We recommend the flax meal rather than flax

seeds since it's easier for your body to absorb the nutrients when it's ground. One packet of oatmeal is just 100 calories, 20 of which come from healthy fats. There's 19 grams of carbs, 3 grams of fibre, and no sugar. Plus, a single serving gives you 4 grams of protein! Add in a tablespoon of hemp seeds and two tablespoons of chia and you can add in 8 more grams of protein!

5. NON-DAIRY YOGURT

There are so many great options for non-dairy yogurt these days! We tried and reviewed a bunch of them [in a previous issue of The Veginning](#). Non-dairy yogurt is also fermented which is great for your gut health, since it can contain the same number of probiotics as dairy yogurt! A serving of unsweetened coconut yogurt from [Yoso](#) has just 117 calories, 6 grams of fibre, and 8 grams of healthy fats. Add in a handful of blueberries for an antioxidant rich snack. Pour on a tablespoon of chia seeds to up the protein content. There's so many ways to make non-dairy yogurt even tastier than it already is!

6. DRY ROASTED CHICKPEAS

Dry roasted chickpeas will satisfy your need for a savoury crunchy snack, and they are healthy too! There's loads of companies that make great roasted chickpeas in delicious flavours. We like the [Three Farmers brand](#), which we feature

in our own Snack Crunch – they are sustainably grown and roasted in Canada! Roasted chickpeas have a dense nutritional profile and the lightly salted flavour have just three ingredients! They are high in fiber and protein, are a great source of Omega-3 polyunsaturates, iron, phosphorus, copper, magnesium, and zinc! One serving has 100 calories and 6 grams of each fiber and protein! Of course, you can easy make roasted chickpeas yourself if you have the time!

7. DRY ROASTED PEAS

Dry roasted peas are another way to satisfy that crunch craving. We love the Smoky BBQ Crunchy Peas from Zak's Organics – a company out of Saskatchewan. One serving, 1/3 of a cup, has 5 grams of protein, just 140 calories, and will easily keep you satiated until your next meal! We love Zak's because they are certified organic, a great source of iron, fibre, and potassium, and they are a wonderful soy, dairy, nut, and gluten free snacking alternative!

8. CHIA PUDDING

Chia pudding can easily be thrown together in just a few minutes and is so delicious and nutritious – you won't be able to get enough! I use almond milk for my chia pudding, but you can use any non-dairy milk product you like. Just use

a 4 to one ratio – chia to almond milk. I prefer to sweeten a bit with a bit of maple syrup, but you could just use fruit, coconut flakes, cinnamon, granola, whatever you prefer! Just stick it in the fridge for 2.5 hours or overnight if that works. I usually make a couple days worth in a couple of containers so it's ready whenever I want it! As already mentioned, chia seeds are crazy nutritious—only 1 tablespoon has 4 grams of protein! Plus they are a source of fiber, antioxidants and calcium!

9. CELERY STICKS WITH NUT BUTTER

Celery is one of the world's healthiest foods! It helps to protect against inflammation in the digestive system, and is an excellent source of vitamin K and molybdenum. It's a very good source of folate, potassium, dietary fiber, manganese, and pantothenic acid. Plus, it's a good source of vitamin



SPREAD HUMMUS, NOT HATE.



B2, copper, vitamin C, vitamin B6, calcium, phosphorus, magnesium and vitamin A (in the form of carotenoids). A single cup only has 16 calories! Salt sensitive people should be conscious of how much they are eating though, since it has 35 milligrams of sodium per stock. Add some nut butter to make it even more satiating.

10. LARABAR

Larabars are plant-based and made with wholesome ingredients that make them a great option to carry in your bag. They are also great for kids since they taste amazing. My favourite is the coconut cream which has about 200 calories, 80 of which come from fat. With 3 grams of protein and 5 grams of fibre, you'll be more than satisfied after one bar while on the go. They are also easy to find at most grocery stores.

11. POPCORN

Making your own popcorn from kernels at home (not that microwaved junk, or stuff from the bag), is not only extremely easy, but nutritious too! 3 cups of air popped popcorn is just 92 calories, has 1 gram of fat, 18.7 grams of carbs, 2.6 grams of fibre, and 2.9 grams of protein! That's pretty impressive nutrition density for just a little corn kernel. But the best part?

That when you make it at home you can flavour it however you like! I'd recommend coconut oil and himalayan salt, or even some nutritional yeast for a cheesy taste! Don't have an air popper? That's no big deal. Just use a tablespoon or two of extra virgin olive oil in a big pot, turn on the heat on your stove to medium-high, stick a lid on the pot and give it a shake every few minutes. In no time, your popcorn will be popping away. Listen for when the pops slow - that's when it's done and time to snack!

12. HOMEMADE TRAIL MIX

This is possibly the easiest snack to put together. Think for a second, what are your favourite nuts? Have a few in your head? Now just add in some dried fruit - raisins are always a classic option, or try dried blueberries or cherries for a yummy treat. Perhaps add in some vegan dark chocolate chips and sprinkle with some cinnamon! There's countless recipes online for delicious trail mixtures that you can easily make at home. Obviously chocolate and dried fruit are higher in sugar, but just eat a handful or so at a time to fulfill that sweet craving while the nuts keep you fuller for longer!

13. DIGESTIVE COOKIES WITH HAZELNUT CHOCOLATE SPREAD

Digestive cookies aren't the most healthy. But one or two can help you keep that sugar craving monster at bay. Each cookie is only about 70 calories, with 1.1 grams of protein, 9 carbs, and 3.2 grams of fat. Since they are so low in calories, spread some hazelnut chocolate spread (see number 54 for the recipe) on there to add some protein and fat to keep you fuller for longer!

14. HANDFUL OF ALMONDS AND THREE DRIED APRICOTS

Could almonds be a more perfect snack? Probably not! This amazing snack actually reduces your cholesterol levels. And although they are technically considered high in fat, studies have shown that a handful of almonds everyday has actually helped people lose weight! The healthy kinds of fat found in almonds help you feel full for longer, which means you won't feel the need to snack on more unhealthy things throughout the day between meals. Check out these amazing numbers (based on a ¼ cup) and then go eat a handful of almonds: 207 calories, 5 grams of protein, 5 grams of fibre, 7 grams of carbs, 5 grams of sugar, 61% daily value of vitamin E, 36% daily value of magnesium, 9.5% daily value



of calcium, and 4% daily value of iron. Add in about three dried apricots for a bit of sugar for energy. Don't worry - the protein in the almonds will help balance that sugar out.

15. HANDFUL OF MACADAMIA NUTS AND DRIED BLUEBERRIES

Vitamin A, B vitamins, iron, folate, manganese, protein, healthy fats, and the all-powerful antioxidants - macadamia nuts may not be a normal nut in your rotation but with nutrition details like that, they probably should be! In just 100 grams you can find 7 grams of protein and 8 grams of fibre.

Dried blueberries are one of my favourite treats and add a great energy kick to beat the 2pm slump while at work. They are high in sugar though, so don't go overboard. Just enough of these yummy sticky berries to give you the energy

you need while the protein in the macadamia nuts balances you out sugar wise.

16. HANDFUL OF BRAZIL NUTS AND DRIED CHERRIES

Brazil nuts fight inflammation. Eating just one or two Brazil nuts every day can be even better than taking a selenium supplement and can help improve your mood and other bodily functions. Doctors recommend only eating up to six Brazil nuts per day since you can actually overdo it with the selenium in them. Six Brazil nuts contains 185 calories, 3.5 grams of carbs, 4 grams of protein, 19 grams of fat, and 2.1 grams of fibre. In addition to selenium, they also contain magnesium, copper, phosphorus, manganese, thiamine, zinc, calcium, potassium, iron, and vitamin E.

Dried cherries on the other hand, do not contain any protein or fat. A small handful, in addition to the healthy Brazil nuts will give you a great boost of energy that will easily get you through to your next meal. These little guys are like nature's candy!

17. ZA'ATAR POPCORN

I already talked about the nutritional benefits of eating air popped or stove popped popcorn, but this is by far, one of my favourite recipes. Za'atar is a Middle Eastern spice mix

“THE TIME WILL COME WHEN MEN SUCH AS I WILL LOOK UPON THE MURDER OF ANIMALS AS THEY NOW LOOK UPON THE MURDER OF MEN.” - LEONARDO DA VINCI

and it just pairs perfectly with popcorn for a savoury treat. Made up of thyme, sesame, and sumac spice, this combo will get you reaching for that bowl constantly until it's all gone!

18. TWO MINUTE ORGANIC PEAS AND CORN

This may seem like a strange snack, but peas have a surprising amount of protein in them. Just 85 grams has 55 calories and 4.6 grams of protein! Mix the peas with some organic corn, microwave to heat up and you have yourself a nutritious and filling snack in only a few minutes!

19. HALF PITA WITH GREEN BANANA AND PUMPKIN SEED BUTTER

Did you know that as a banana yellows its nutritional profile changes? Greener bananas are starchier, but because they are resistant starches, they are generally counted as fibre. As bananas yellow, that fibre turns to sugar. Why not try a half a pita with a sliced green banana and some pumpkin seed butter? Pumpkin seed butter is lower in calories than peanut butter and is therefore a great alternative when paired with the carbs in the banana and pita.

20. AVOCADO ON EZEKIEL TOAST WITH LEMON

Have you tried Ezekiel bread? This low carb bread option is

so delicious and filling. With 4 grams of protein and 3 grams of fibre, it's a fantastic alternative to traditional bread. Mash up some avocado, squeeze some fresh lemon, and maybe add a pinch or two of cayenne pepper for some kick! The avocado is high in fat and 1/3 has about 80 calories, but they are healthy monounsaturated fats that help to lower cholesterol. Just make sure you're not eating too much avocado everyday so that you don't go overboard with the calories.

21. SNACK BOMBS

Have you tried these things yet? What these lack in size, they make up for in flavour and nutrients. Each Bomb has 190 calories 6 - 8 grams of protein, 2 grams of healthy fats, and 5 grams of fibre. They also come in so many amazing flavours—matcha cashew, coffee ginger, walnut apricot, and maple chai. Seriously. Try them.

22. FIVE MINUTE HOMEMADE GRANOLA

Open up your pantry, grab whatever you've got, some oats, sesame seeds, walnuts, pumpkin seeds etc. Put some coconut oil in a pan. Once the oil is melted add the dry goods. Add a few tablespoons of maple syrup and some cinnamon to taste, even a pinch of sea salt. At medium heat constantly stir to avoid burning and after 3-4 minutes you've got your granola. Enjoy with almond milk or non-dairy yogurt.

OF COURSE EVERYONE
THINKS VEGANS ARE CRAZY,
WE'RE FROM THE FUTURE.



23. OH SHE GLOWS ENDURANCE CRACKERS

I love Oh She Glows. It's probably my favourite site to get delicious and easy vegan recipes. In fact, there might be at least one more recipe from there on this list! These crackers have everything I look for in a homemade snack: healthy, quick, and super easy. With chia, sesame, pumpkin, and sunflower seeds, and a hint of garlic, these crackers taste amazing with a bit of smashed avocado or hummus.

24. THE 250 CALORIE SC' POWER SHAKE

lots of fantastic fat, lots of protein, low in sugar and slow release energy.

25. ORGANIC SOY SNACK STICK

26. PROTEIN MUFFINS

I tend to make big batch meals and freeze leftovers so I have a selection in my freezer that I can always just grab and go. Organization helps to keep me eating healthy and not late for work everyday. Protein muffins are a great addition to this! Every couple of weeks I make a batch, freeze them, and then I'll take one or two out the night before and keep them in the fridge until I'm ready to eat them. I like these peanut butter flavoured ones the best, but there's lots of options

online. With 170 calories and 7 grams of protein per muffin, they are great for breakfast or after a workout.

27. EDAMAME

These are ready in just 60 seconds when you microwave them! I like to buy frozen edamame, sprinkle them with a bit of Himalayan salt and stick them in the microwave in a glass bowl with a bit of water in the bottom so they steam. Sixty seconds later you have a delicious snack that is full of nutrients! Edamame are immature soybeans that are served in the shell. They are a complete protein and contain calcium and vitamin C. They are also high in healthy polyunsaturated fats, especially Omega-3 alpha-linolenic acid. These are one of my favourite side dishes or as an afternoon snack!

28. LOUISVILLE JERKY

This amazing company prides themselves for being #fakeaf and that is something we can definitely get behind. Their vegan jerky comes in a bunch of different flavours, but my go-to is the maple bacon since it satisfies both the sweet and salty snacking needs. Three pieces has about 80 calories and 7 grams of protein. There's also only about 3.5 grams of fat in a serving and just 7 grams of carbs. These are balanced, delicious treats that will keep even the non-vegans in your life happy.



29. OVERNIGHT OATS

I have to admit, I totally gave into the overnight oats craze. Here's how I make mine. I put around 1/3 of a cup of organic large flake oats into a mason jar and cover them with just enough cashew milk so that they are all submerged. I usually mix in some flax meal and a bit of cinnamon. Then I just stick them in the fridge overnight! The next morning, before I eat them, I will throw in a handful of fresh blueberries and a tablespoon of chia seeds, stir it all up and you're ready to go! This snack is great because you can make several days worth and just store it in the fridge until you're ready to eat it. It saves me a ton of time in the morning. The combination of the oats and chia gives me almost 10 grams of protein and cinnamon which is full of antioxidants itself!

30. JUSTIN'S DARK CHOCOLATE PEANUT BUTTER CUPS

Have I mentioned how much I love peanut butter? Combine that with dark chocolate and I'm in heaven! And these ones from Justin's are awesome because they have no extra additives, plus they are vegan. They actually serve these at some Starbucks locations, which is great if you're in a pinch and need a sweet treat. A single cup is only 80 calories.

“THERE IS NO PLANET B.” – RICHARD BRANSON

31. PITA CHIPS WITH BABA GANOUSH

Baba Ganoush is often overlooked in the world of dips since hummus is really hogging the spotlight. But this smokey dip always gets praise when I bring it to a party. All you need to make this yummy snack is an eggplant, lemon, tahini, garlic and some sea salt! Just broil the eggplant if you don't have access to a grill and you'll still get that smokey flavour everyone goes crazy for. Eggplants are so good for you too! They are full of fibre, B1, and copper.

32. HEALTHY VEGAN CHOCOLATE CHIP COOKIE DOUGH

OK. This is pretty crazy. This is actual cookie dough, that just isn't terrible for you. And of course, it's vegan too! If you're craving something sweet – this is it for you. What's the secret in this cookie dough? High protein chickpeas! Seriously – make this five minute snack for your next party and everyone will be asking for the recipe. However unlikely, if you have leftovers, you can always turn this cookie dough into actual vegan cookies in just a few minutes in the oven. Trust me – this recipe is pure magic.

33. PROTEIN CRACKERS

The crispbreads from Sigdal Bakeri are a lifesaver. These tasty cracker-bread hybrids are so delicious with some of that hummus or baba ganoush, or even just a slice of avocado and some lemon! Each slice has just 107 calories and 4 grams of protein making them a perfect light snack that keeps you full and ready for your next meal.

34. PROTEIN SHAKE

If I'm in a hurry and need something quick, a protein shake is always my go to. I like to use my Blender Bottle to make sure that it mixes well and there's no gross chunks. The nice thing about this snack option is that it's a bit of a choose your own adventure! Take your favourite powder, Vega or Sun Warrior are my favourites and mix with either water, or a non-dairy milk like almond or cashew for a bit of a creamier option. This not only satisfies my hunger in the moment, but it gets me to almost half of my daily needed protein! Sometimes, if I'm looking for a treat, I'll even add in a tablespoon or two of powdered peanut butter. And if I'm trying to replace a full breakfast, I'll do the protein, powdered peanut butter, plus a frozen banana!

35. SIMPLY PROTEIN BAR

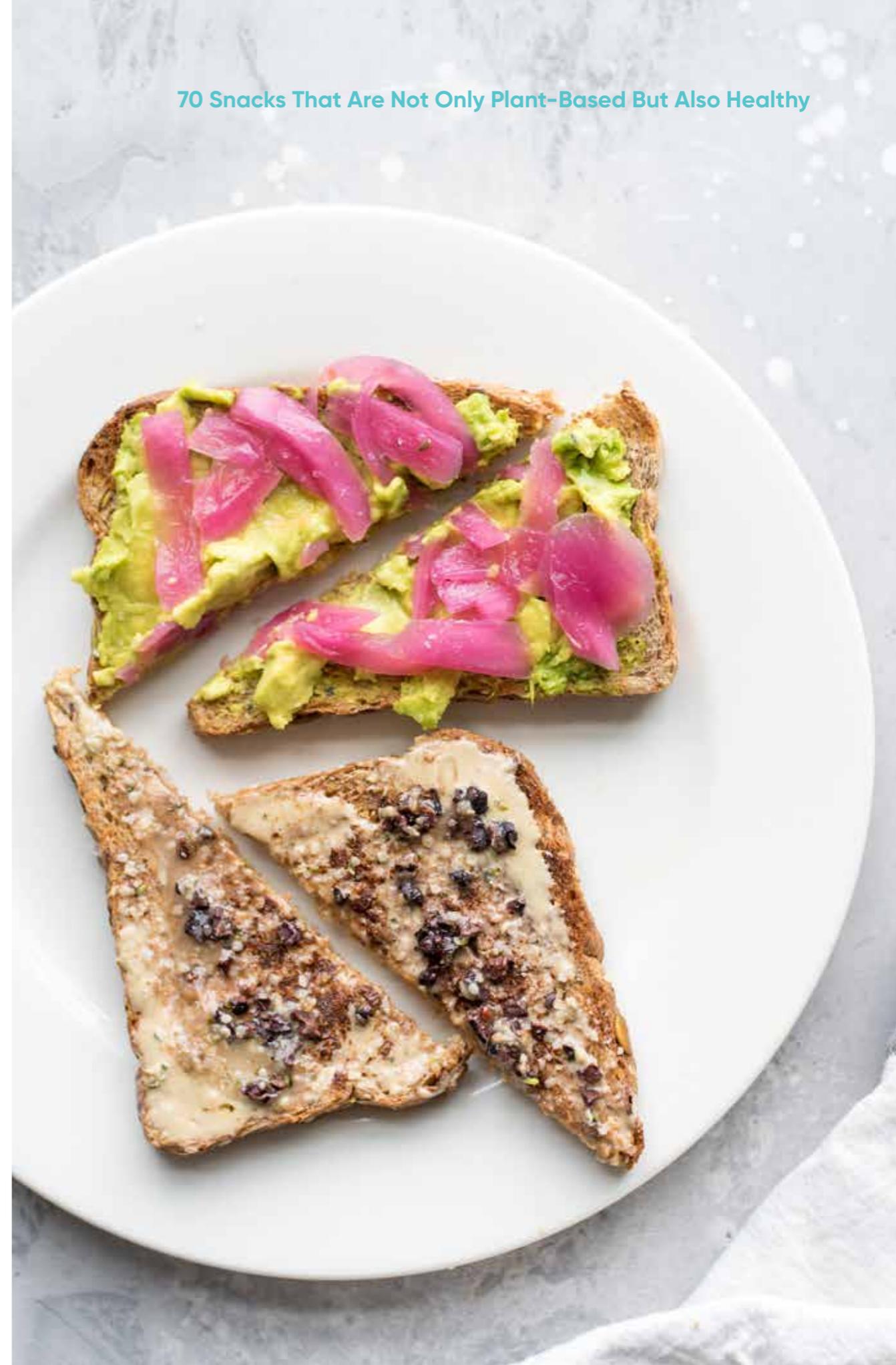
The best thing about Simply Protein bars has to be their flavours. Chocolate coconut, maple pecan, cocoa coffee—I could go on. Of course, they are also plant-based, have around 15 grams of protein each and they manage to keep the sugar low! All great for keeping those blood sugar levels in check while you're at work or to grab before or after a workout. Each bar also only has 150 calories, so you'll be full without feeling sluggish.

36. SIMPLY PROTEIN CHIPS

Also from Simply Protein are their chips! They contain pea protein and only 1 gram of sugar per bag. They are a little high in sodium, so we wouldn't recommend having more than one bag per day, especially if you're watching your salt levels. One of my favourite hacks is to crunch up these chips and add them into salads or soups to give them a bit of added crunch!

37. KALE CHIPS

There's lots of options out there if you want to buy your kale chips. But why do that when you can easily make them? Also, if you're making them yourself, you're able to customize the flavour - sea salt, cayenne, red pepper flakes, garlic, etc. The



sky is really the limit when it comes to homemade kale chips. They are high in fibre while staying low in calories which helps you feel full between meals. Here's an easy recipe to make them yourself. Trust me, they won't last long after they come out of the oven!

38. HARVEST SNAPS

These crunchy little guys are addictive so be warned. If you can open the bag without eating all of them, you deserve some sort of award. Each serving is 28 grams (ha!) and contains 4 grams of protein, 17 grams of carbs, and 4 grams of fibre. They have a lot of flavours, but not all of them are vegan - so always check the packaging before you buy. The Black Pepper ones are tasty and vegan!

39. FRESH VEGGIES

Cut up some broccoli, celery, and carrots and add in some snap peas and baby cucumbers for a tasty mid-afternoon snack when you're looking for some crunch and lots of fibre! The nice thing about this simple snack is that you can mix and match your veggies with dips to give you some variety throughout the week. Next time, try a [lemon tahini dip](#)!

40. FALAFELS

The best thing about falafels is that you can put them in some pita, on a salad, or just eat them plain. You can easily find vegan ones in most grocery stores and I've also made them from a grocery store mix - just add water and bake in the oven. If you have the time, they are pretty easy to make from scratch too! If you're making them at home, whether from a mix or from scratch, baking them rather than frying them will save you some calories. Chickpeas, the main ingredient in falafels are high in protein and fiber, so a little will go a long way in keeping you full between meals. The Yves Falafel Balls, in three pieces, has 5 grams of protein and 17 grams of carbs, 5 grams of which are fibre.

41. RICE CAKES WITH NUT BUTTER

Rice cakes are my snacking secret weapon. You can eat them plain or top them with whatever you have in your fridge. They are delicious with some hummus, sprouts, and tomato, or a little nut butter spread on top for some added protein. I particularly love these [Lundberg Whole Wheat](#) ones. They are organic, vegan, and have whole grains. Each cake is only 60 calories and 14 grams of carbs. Slather on some almond or peanut butter and you have yourself a perfect little snack.

**PUT YOUR MORALS WHERE
YOUR MOUTH IS.**



42. NUT BUTTER STUFFED DATES

What's better than sticky, sweet, delicious dates? Sticky, sweet, delicious dates stuffed with nut butter! Dates are so handy when it comes to naturally sweetening things that I always have them in my pantry. When I'm needing something sweet to get me through that afternoon slump, I always turn to dates with a bit of almond butter stuffed inside to balance that sugar with a bit of protein. Dates are pretty high in vitamins and minerals too—calcium, B6, selenium, magnesium, manganese, and copper can all be found in these tasty sweets from the Earth.

43. ROASTED VEGGIES

Roasted veggies are like my candy. I have a hard time not eating all of them when they are in my house. Especially sweet potatoes, beets, and broccoli. They are so easy to prepare too! Just chop them up, set your oven to 400 degrees, toss the veggies in some EVOO and stick them in the oven and check on them in 20 minutes. You'll have a delicious snack or side dish that is full of nutrients and can cure a craving for sweets in a few seconds.

44. SMOOTHIE

Smoothies are possibly the perfect breakfast or snack. Full of nutrients, fibre, and protein—what could be better? However, this is also an easy way to blow all of your allotted calories for the day if you're not careful. The key to a nutritious smoothie, is balance. You need to make sure you don't overdo it on the sugar content. Fruits are good for you, there's no denying it. But they are also full of a lot of sugar. So the trick is finding the balance between greens and protein and sugar. As long as there's more green than berries/bananas/citrus, you should be fine.

45. BANANA NICE CREAM

This is possibly the most delicious and decadent item on this list. Ice cream is rarely vegan and full of unnecessary calories when you can just combine four ingredients and have a



FOOD SCIENCE CHANGES EVERY FIVE YEARS, THAT'S NOT SCIENCE THAT'S MARKETING.

delicious cold snack that will blow your ice cream out of the water. Four bananas, maple syrup, vanilla, and some cocoa powder. Throw it in a blender and you have some delicious gluten free vegan nice cream!

46. HOMEMADE POPSICLES

Similar to the nice cream above, this recipe will make you feel like you've struck gold. Coconut has to be my favourite flavour, throw in some strawberry and this five minute recipes (not including time in the freezer obviously) is the perfect thing to bring to your next summer picnic.

47. CRISPY TOFU WITH PEANUT SAUCE

I was inspired to first make this after getting it from my favourite thai restaurant all the time. Perfectly crispy tofu with a savoury peanut sauce is the perfect high protein snack that will absolutely get you to your next meal. This crispy baked tofu from Cookie and Kate is super easy and works like a charm. I like to make up a big batch of the peanut sauce so I can use it as a dipping sauce, in stir fries, or on noodles throughout the week. One serving of this yummy tofu has 11 grams of protein and 1.2 grams of fibre - balance that out with a bit of sugar in the peanut sauce and you have a balanced, nutritious snack that you'll have a hard time putting away.

48. GUACAMOLE

People often think of guacamole as a junk food. But that's really only because it's so decadent and is often the dip of choice at Super Bowl parties. However, this delicious spread is full of potassium and healthy fats. It's also so easy to put together. Just chop up all of the ingredients, smash the avocado, mix it all together, and you're in business!

49. PITA CHIPS AND SALSA

I love to make a big batch of pita chips every couple of weeks and then bring them to work for snacks. They are super filling and so much more delicious when you make them yourself rather than buying them. Each piece of pita bread has around 140 calories, plus some homemade salsa, and you have yourself a healthy, savoury treat! I say homemade salsa, but you can easily buy salsa - just make sure you check that there's no added sugar in the jar - they often sneak in more sugar than necessary.

50. FROZEN GRAPES

This recipe is so easy it definitely does not need a link to an 'official' recipe. Wash a fresh bunch of grapes, take them off the stem and put them in a single layer onto a parchment paper covered baking sheet. Stick them in the freezer for a few hours and you have a refreshing snack that you can easily grab a handful and go!



51. SOY NUTS

These salty little guys are hard to stop eating. Soy nuts can be purchased from most health food stores or even bulk stores. They are crunchy, full of protein, and a great snack to carry with you in your bag just in case hunger hits! When you go to buy them, just make sure that they have healthy oils listed on the ingredients list!

52. CRACKERS AND VEGAN PESTO

Vegan pesto is one I like to blend up in big batches and then keep in small containers in my freezer. It's great on pasta of course, but also makes a great spread or to dip veggies in. A couple of tablespoons of nutritional yeast make [this recipe](#) vegan!

53. APPLESAUCE

As the saying goes, "An apple a day, keeps the doctor away." It doesn't say anything about the apples being pulverized though! You may think of applesauce as a kids' snack. But it's delicious and with a splash of cinnamon, is pretty healthy as long as there's no added sugar. Make it yourself or buy the 100% apples apple sauce from any grocery store!

54. HEALTHY HOMEMADE VEGAN NUTELLA

I like this recipe better than I ever liked real Nutella. Hazelnuts, cacao, nut milk, maple syrup—there's seriously only four ingredients standing between you and some delicious vegan Nutella. Spread this on rice cakes, bread, crackers, eat it straight from the jar. Whatever floats your boat! It's healthy, has protein from the hazelnuts, and is so very delicious.

55. PRETZELS WITH HUMMUS

We've already talked about how healthy and tasty hummus is. But why not pair it with a handful of pretzels to satisfy that salty craving? Pretzels are high in fibre and are delicious to boot.

56. BABY CUCUMBERS WITH VEGAN SOUR CREAM

I could eat baby cucumbers everyday, all day. They are sweet, crunchy, and easy to take with you on the go. Pretty much everything you could want in a snack. Pair them with some vegan sour cream and you have a sweet and savoury snack that will hold you over until your next meal.

57. NORI

Nori, or dried seaweed is packed full of B vitamins, has a ton of iodine, and unsaturated fatty acids. The prepackaged stuff is pretty good and comes in a wide variety of flavours. It can be high in sodium, so check the labels of your favourite flavour to make sure you're not going over your daily allotted salt levels.

58. BRUSSEL SPROUT CHIPS

Brussel sprouts get a bad rap and I have no idea why when roasted brussel sprout chips are the crunchiest, most delicious treat there is. They are also insanely easy and brussel sprouts are so good for you! They contain folate, manganese, vitamin B6, dietary fiber, choline, copper, vitamin B1, potassium, phosphorus, and omega-3 fatty acids! That's a long list of nutrients and in such a tasty treat.

59. APPLE CHIPS

I just bought a dehydrator and I can't believe I didn't do it sooner. In just a few minutes I can chop up an apple, toss it in some cinnamon and throw it into the dehydrator. In a few hours I'll have the best tasting apple chips you can get. Store bought apple chips are great though too! Just check the ingredients to make sure there's no added unnecessary sugar. These things are sweet enough on their own, they do not need extra sugar or anything but cinnamon added.

60. PAN FRIED BANANAS WITH CINNAMON

Bananas are pretty high in sugar, which means that when you pan fry them in a little bit of oil, they get all caramelized and gooey. Toss them in some cinnamon and your friends will be in awe of your incredible cooking skills. These are great on their own, throw them on some vegan ice cream or vegan pancakes for a yummy breakfast treat!

61. VEGAN SUNDRIED TOMATO BASIL PINWHEELS

These grab and go sandwiches are just too good. I like to make up a batch and keep them in my fridge for snacking throughout the week. They are so flavourful and savoury and easy to stuff in my mouth as I head out the door. Each pinwheel piece is about 48 calories. So grab a couple for a snack and you'll be set until your next meal!

62. 5 MINUTE LENTIL DIP

My favourite thing about the Simple Vegan Blog is that they break down the nutrition on most of their recipes. For that reason, plus the fact that all of their recipes are simple and amazing tasting, it's one of my go to sites for vegan cooking ideas. This lentil dip is so quick to make and is always a hit whenever I bring it to potlucks or parties. It has 6 grams of fibre, 13 grams of protein, and only 1 gram of sugar. Dip



crackers, veggies, chips, pretzels, anything really into it, and you'll be a happy camper.

63. MARINATED MUSHROOMS

I first discovered these tasty treats when I was camping. We marinated a bunch of button mushrooms in red wine vinegar, salt, and pepper in a jar and packed it as is. Then when at our campsite, we put them on skewers and threw them over the fire for a few minutes. As good as they are over the fire, you don't even need to cook them! Just snack on them raw, right from the jar and boy oh boy. Are they ever delicious.

64. SWEET CINNAMON COUSCOUS

You probably normally think of couscous as a side for your dinner. However, with a bit of cinnamon, this becomes a tasty and nutritious snack. With only 3 grams of sugar and a whopping 28 grams of protein, this snack is perfect between breakfast and lunch!

65. VEGAN DARK CHOCOLATE

The health benefits of eating dark chocolate have been well documented. Snacking on the cacao nibs or the darkest chocolate you can find helps to prevent cancer, improves heart health, can help manage your cholesterol,

and so much more. Having just a square or two of dark chocolate everyday can be really great for you! Just choose your chocolate carefully - less added sugar and other ingredients, the better!

66. RAW VEGAN CARAMEL APPLE COOKIES

The trick to these delicious morsels is the date caramel sauce. It is something else! I usually use the cocoa nibs mentioned earlier in this ebook to top them with, but otherwise this recipe is incredible. If you have kids, plan on them asking for this one regularly. The apple is crunchy and delicious, and the caramel takes these to the next level. Plus they are raw! So they take basically no time to make.

67. CHOCOLATE AVOCADO PUDDING

This yummy treat combines the health benefits of dark chocolate with the creamy healthy fats in avocados and it's to die for. This recipe is fantastic because it can easily be adjusted for pretty much any diet. Avocados are pretty decadent on their own. One third is 80 calories alone—but they are so nutrient dense (and delicious) that it's so worth it. They are packed with potassium, have 7 grams of fibre per serving, and are high in vitamins B6 and C. Also remember, this is in a literal dessert. All you need to do is throw everything into your Vitamix, blender, or food processor and you're good to go.

68. PICKLE

Yes. You read that right. A pickle. A big, juicy, dill pickle is a fantastic snack. They can be high in salt, so check your nutrition labels! But overall, a pickle has vitamin A, iron, potassium, and manganese, and they are a very good source of dietary fibre, vitamin K, and calcium.

69. CINNAMON AND PEARS

Pears have basically no fat, are low in calories, and have lots of fibre, vitamin C, and potassium. Cinnamon is basically a magical spice. It's an antioxidant, anti-inflammatory, anti-diabetic, anti-microbial, immunity-boosting, and has potential cancer and heart disease-protecting abilities. See? Magical. Sprinkle a little on your pears and you have a nutritious and delicious morning snack!

70. SIMPLE VEGAN CASHEW YOGURT

This recipe takes about 10 minutes to prep and it can last you for a week or so in your fridge (if you don't eat it all first!). This is an awesome treat to bring to work and snack on in the afternoon when that sweet craving hits. I like to mix in some of my homemade granola, a little fruit, some cinnamon. All the good stuff. It's nutrient dense too. An eighth of this recipe has 252 calories, 19.8 grams of fat, 14.1 grams of carbs, and 8.3 grams of protein!

It's less about
what you put
in and more
about what
you choose
not to put in.