



Best Healthy Snacks

HOMEMADE & PREMADE

Homemade

recipes are vegan, gluten free and refined sugar free

Baked Banana Chips

- <https://diethood.com/homemade-baked-banana-chips-recipe/>

Flourless Protein Brownies

- <https://thebigmansworld.com/2016/09/21/4-ingredient-flourless-protein-brownie-bites/>

Roasted Chickpeas

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http://www.thekitchn.com/how-to-make-crispy-roasted-chickpeas-in-the-oven-cooking-lessons-from-the-kitchn-219753?utm_source=pinterest&utm_medium=social&utm_campaign=managed&utm_content=custompinhowto&ctrl.pid=camp.qkSMZGzstu0U

Sweet Potato Chips

-

<https://www.aspicyperspective.com/baked-sweet-potato-chips/>

Trail Mix

- http://blog.fabletics.com/2016/08/blog-trail-mix-recipes/?utm_source=pinterest&utm_medium=internal_social_media&utm_campaign=b_trailmix20160915

Goldfish

- <http://chefchloe.com/recipes/on-the-side/vegan-goldfish-crackers.html>

Grain Free Tortillas

- https://www.asaucykitchen.com/3-ingredient-grain-free-tortillas/?utm_source=pinterest&utm_medium=Social&utm_campaign=SocialWarfare

Apple Pie Energy Bites

- <http://www.natalieshealth.com/2016/10/apple-pie-energy-bites/>

Broccoli Tots

- <https://www.shelikesfood.com/4-ingredient-broccoli-tater-tots>

Flaxseed Crackers

- <https://nourisheveryday.com/easy-flaxseed-crackers/>

[utm_content=buffer834fe&utm_medium=social&utm_source=pinterest.com&utm_campaign=gitkbuffer](https://nourisheveryday.com/easy-flaxseed-crackers/?utm_content=buffer834fe&utm_medium=social&utm_source=pinterest.com&utm_campaign=gitkbuffer)

Pumpkin Butter

- <http://eatthegains.com/pumpkin-pie-butter/>

Quinoa Snack Balls

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https://happyhealthymama.com/look-again-quinoa-peanut-butter-snack-balls.html#_a5y_p=4370679

Nice Cream

- <https://thebigmansworld.com/2016/06/03/healthy-high-protein-cookies-cream-ice-cream/>

Waffles

- <http://www.noracooks.com/gluten-free-plant-based-waffles/>

Maple Sesame Almonds

- <https://beamingbaker.com/maple-sesame-almonds-vegan-gluten-free/>

Queso

- <http://www.hummusapien.com/vegan-queso/>

Hummus

- <https://cleaneatingrecipes.com/clean-eating-hummus-recipe/>

Chocolate Trail Mix Bites

- <http://simplytaralynn.com/2013/04/28/2-ingredient-organic-dark-chocolate-trail-mix-energy/>

Premade

RxBars

dang Caramel Sea Salt Toasted Coconut Chips

Food Should Taste Good Original Sweet Potato Chips

Bare Apple Cinnamon Chips

Horizon Organic Mozzarella String Cheese

Beanitos Black Bean Chips

Rhythm Superfoods Zesty Nacho Kale Chips

Siggi's Icelandic Style Skyr Plain 4% Whole-Milk Yogurt

Boom Chicka Pop Sea Salt and Vinegar Popcorn

Banana Chia Pods

The Good Bean Roasted Chickpeas

Terra Mediterranean Chips

18 Rabbits Jr. Bars

Trader Joe's Lightly Salted Crunchy Green Beans

Rise bars

Shanti bars

Plum Kids Yo' Drops Crunchable Yogurt

Seasnax Seaweed chips

Martin's Crispy Apple Chips

Mary's Gone Crackers

Organic Slammers

Harvest Snaps Snapea Crisps

Cedar's Taboule Salad

Lundberg Original Sea Salt Rice Chips

Wholly Guacamole Classic 100-Calorie Minis

Krave Pineapple Orange Beef Jerky

Purely Elizabeth Ancient Grain Granola Cereal

SoDelicious Greek Style Yogurt

Grab & Go

pitted dates
blueberries
strawberries
raspberries
melon cubes
pineapple chunks
sliced apples soaked in lemon
water
grapes
orange slices or mandarin
pomegranate seeds
cherries
dried apricots/fruits
dried coconut chips
cucumber slices
baby carrots
bell pepper slices
raw broccoli florets
raw cauliflower florets
celery sticks
cherry tomatoes
peas
mini sweet peppers
olives
hummus
yogurt
nut butter
edamame
hard boiled eggs

Keep it simple.

Look for ingredient lists with 5 or fewer things listed.

Look for real food ingredients that you recognize.

Avoid high fructose corn syrup, Splenda, aspartame, MSG, non organic soy/corn, refined flours...