
QUICK AND EASY SNACK IDEAS

- Raw veggies, cut and stored in the refrigerator (carrots, cucumbers, celery, tomatoes, broccoli, peppers, cauliflower, snap peas, and more!)
- Complete Pudding (Mix one packet/scoop of chocolate or vanilla Complete with a small amount of plant milk to desired consistency.)
- Veggies with hummus or guacamole
- Fresh fruit (apples, cantaloupe, melon, pineapple, pears, plums, grapes, oranges, mangos, berries)
- Apples or celery & peanut butter (use only natural peanut butter)
- Raw nuts or seeds
- Plain oatmeal topped with berries or fruit
- Plain air-popped non-GMO popcorn
- Dates, figs, raisins, dried cranberries
- Sliced avocado with sea salt or lemon juice
- Kale chips (Toss bite-size pieces of kale with light extra-virgin olive oil and sea salt. Bake at 350° F on parchment paper for 7-9 minutes until crispy.)
- Grilled peaches (Brush peach wedges with coconut oil or ghee and grill on medium heat for 4 minutes per side.)
- Cauliflower popcorn (Toss cauliflower pieces in light extra-virgin olive oil and sea salt. Bake for 45-60 minutes at 425° F on parchment paper, turning them 3-4 times.)

