
Plant-Based Snacks

Fruit

- Fresh fruit
- Dried fruit (no sugar added)
- Packaged Fruit
 - Applesauce (no sugar added)
 - Fruit cups (packed in water or 100% juice)
 - Fruit squeezes or pouches (no sugar added)
- Smoothie with fresh and/or frozen fruit, non-dairy milk, nut butter, and veggies (ex. spinach or kale)

Vegetables

- Raw veggies with hummus, bean dip, or salad dressing
- Edamame
- Roasted chickpeas or soy beans (soy nuts)
- Kale chips
- Vegetable juice

Whole Grains

- Air-popped popcorn topped with herbs, spices, or nutritional yeast (not butter)
- Unsweetened cereals, either dry or with non-dairy milk
- 100% whole wheat or whole grain crackers with hummus, bean dip, guacamole, nut butter (ex. peanut butter) or salsa

Nuts & Seeds

- Raw unsalted nuts & seeds (ex. almonds, cashews, pistachios, walnuts, chia seeds, sunflower seeds, etc.)
- Nut butter on 100% whole-wheat toast with cinnamon & banana
- Trail mix with nuts, seeds, dried fruit, and/or unsweetened cereal

(Non) Dairy

- Glass of unsweetened non-dairy milk (almond, coconut, soy, cashew, macadamia, flax, rice, etc.)
- Unsweetened non-dairy yogurt topped with fruit, nuts, seeds & spices.

Bars

- Products made with whole grains.

Looking for more plant-based snack ideas?

You can find the below recipes at the VA Recipes website: [Recipes, Cookbooks, and Cooking Videos - Nutrition and Food Services \(va.gov\)](#)

- Avocado Chocolate Mousse
- Black Bean and Corn Salsa
- Peanut Butter Energy Bars
- Olive Oil Granola
- Home-Style Hummus