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# Plant-Based Snacks

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## 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: fresh and/or frozen fruit, non-dairy milk, nut butter, veggies



## 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, or salsa

## Nuts & Seeds

- Raw unsalted nuts & seeds
- Nut butter on 100% whole-wheat toast with cinnamon & banana
- Trail mix (nuts, seeds, dried fruit, 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