

healthygirl

KITCHEN™

50

healthy + vegan

snack ideas



50 Healthy Vegan Snack Ideas

1. **Elevated cukes:** cucumber slices with vegan cream cheese and everything bagel seasoning on top
2. **Fruit kabobs:** put your favorite fruit on skewers
3. **Healthy s'mores:** graham crackers with almond butter, piece of dark chocolate, banana and cinnamon
4. **Sour candy grapes:** frozen grapes with lime juice
5. **High protein snack:** edamame with salt + lemon juice
6. **Roasted chickpeas:** roast chickpeas on a baking sheet at 400 F until crispy with olive oil + any spices you like
7. **Trail mix:** cashews, almonds, pretzels, raisins and chocolate chips
8. **Pita + dip:** whole grain pita + bell pepper strips dipped in beet hummus
9. **Freeze dried fruit**
10. **Pico de gallo:** chop up tomatoes, cilantro, and onion and dip with organic tortilla chips
11. **Air fryer zucchini chips:** slice zucchini thin using a mandolin and air fry on low until crispy
12. **Apple dessert nachos:** slice apples and drizzle with nut butter and sprinkle on hemp seeds/nuts/dark chocolate chips
13. **Baked sweet potato fries:** slice sweet potatoes in slices and bake at 425 for 30 minutes or until crispy. Season with EVOO, salt, pepper and garlic.
14. **Fall parfait:** dairy-free yogurt + granola + chopped apples + cinnamon
15. **Protein bar**
16. **Snack plate:** olives, pickled veggies, whole grain crackers, vegan cheese, grapes
17. **Celery snack:** either dip celery sticks in peanut butter or vegan cream cheese
18. **Popcorn**
19. **Edamame hummus + cucumber**

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20. **Vegan tzatziki dip with veggies**
21. **Tortilla pizza:** make a 5-minute pizza on a sprouted/gluten-free or whole grain tortilla!
22. **Chia pudding:** mix 2 tbsp chia seeds with ½ cup non-dairy milk, 1 tbsp maple syrup and add any fruit or toppings you like!
23. **Berry and greens protein shake**
24. **Healthy fat snack:** half an avocado with salt + lime
25. **Chocolate chickpea bark:** cover crunchy pre-roasted chickpeas in melted dark chocolate then spread on a baking sheet. Freeze then break into bark pieces.
26. **Pomegranate seeds:** break open a pomegranate and eat the seeds for an antioxidant-rich snack!
27. **Roasted seaweed snacks:** find these at your local grocery store
28. **On-the-go rice cake:** to a rice cake add peanut butter, banana, and hemp seeds
29. **Healthy snickers:** dates stuffed with nut butter drizzled with chocolate and cinnamon
30. **Cheesy popcorn:** popcorn topped with olive oil and seasoned with nutritional yeast + salt
31. **Mushroom pizzas:** add vegan cheese, sauce and spinach to portobello mushrooms and bake until cheese is melted!
32. **Vegan caprese skewers:** add tofu, basil and tomatoes to skewers and drizzle balsamic vinegar and olive oil on top with salt and pepper!
33. **Kale chips:** remove kale from stems and roughly chop, add on a baking sheet and bake for about 10 minutes until crispy (spray with EVOO and add any seasoning you like!)
34. **Easy quesadilla:** add beans and vegan cheeses to a tortilla, then top with another tortilla. Pan fry on both sides until golden brown.
35. **DIY smoothie popsicles:** make your fave smoothie and pour into popsicle molds!
36. **Banana oat cookies**

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37. **Sweet + spicy avo toast:** toast sourdough bread, add on mashed avocado, red chili flakes and a drizzle of maple syrup or honey if you are not vegan.
38. **PB + J roll-ups:** add peanut butter and jelly to a tortilla and roll! Crisp in the air-fryer to make it gooey OR cut into pinwheels.
39. **Nana pops:** dip half a banana in melted dark chocolate
40. **Mini bagel:** mini bagel with vegan cream cheese, tomato, cucumber + red onion
41. **Vegan tuna roll-up:** add [chickpea tuna](#) to a tortilla
42. **Homemade fruit roll-ups**
43. **Banana “nice” cream:** blend frozen bananas in a food processor then top with anything! I like pb + chocolate chips!
44. **Smoothie bowl:** make a thick smoothie and top with granola
45. **Stuffed Avocado:** fill an avocado with chickpea tuna (page 116) and sprinkle with sesame seeds
46. **Savory protein bites:** chilled [air-fried tofu](#) dipped in your favorite dip
47. **Apple slices + vegan cheese**
48. **Crispy polenta fries:** cut up chilled polenta and bake into fries! Just roast in the oven for about 30 minutes at 400 F. Make sure to spray with oil and season with salt + pepper.
49. **Mini oats bowl:** make a snack portion of warm oatmeal and top with blueberries, cinnamon and walnuts!
50. **Sweet potato toast:** instead of bread use a slice of roasted sweet potato and top with avocado