

Snacks



Popcorn

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Popcorn	✓	✓	*	✓	

*If using gluten-free spices

Ingredients:

- 1/2 cup popcorn kernels
- 3 tbsp coconut oil
- 1 tsp salt
- 1 tsp turmeric

Directions (air popped):

1. Pop the kernels in your air-popper, following directions for use.
2. Melt coconut oil & drizzle it on the popped corn.
3. Sprinkle with turmeric & salt. Enjoy!

Directions (stove top):

1. Put coconut oil and kernels in a large soup pot that has a tight-fitting lid. Put heat on medium-high.
2. Frequently (careful - hot!) pick up pot (with lid tightly fastened) and swirl contents around to prevent kernels from burning.
3. When popping stops, remove from heat and keep lid on for another minute (in case a kernel is about to pop).
4. Sprinkle with turmeric & salt. Enjoy!

Tomato Salad

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Tomato Salad	✓	✓	✓	✓	

Ingredients:

- 1 cup tomato, diced
- 1/2 cup olives

- ¼ cup basil, fresh leaves, chopped
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil

Directions:

1. Add basil, tomato and olives to a bowl.
2. Drizzle with balsamic vinegar and olive oil. Lightly toss. Enjoy!

Pear & Almonds

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Pear & Almonds	✓	✓	✓	✓	

Ingredients:

- 1 medium pear
- ¼ cup whole almonds

Directions:

1. Slice pear if desired. Enjoy with almonds!

Carrots & Hummus

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Carrots & Hummus	✓	✓	*	✓	

* If using gluten-free spices

Ingredients for hummus:

- 2 cups chickpeas (garbanzo beans), drained & rinsed
- 1 garlic clove
- 1 tbsp sesame oil
- 2 tbsp lemon juice
- 1 dash salt & pepper
- 12 medium baby carrots

Directions:

1. Put all hummus ingredients into a food processor and blend until smooth. Add water to thin (if necessary).
2. Serve hummus with baby carrots. Enjoy!

Apple & Almond Butter

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Apple & Almond Butter	✓	✓	✓	✓	

Ingredients:

- 1 medium apple
- 2 tbsp almond butter

Directions:

1. Slice apple and dip into almond butter. Enjoy!

Banana & Shredded Coconut

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Banana & Shredded Coconut	✓	✓	✓	✓	

Ingredients:

- 1 medium banana
- 2 tbsp shredded coconut, unsweetened

Directions:

1. Slice banana and sprinkle with shredded coconut. Enjoy!

Celery & Peanut Butter

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Celery & Peanut Butter	✓	✓	✓	✓	

Ingredients:

- 3 celery stalks
- 3 tbsp all-natural peanut butter

Directions:

1. Spread peanut butter on celery, or dip celery into peanut butter. Enjoy!

Oatmeal Chocolate Chip Bites

Makes 12 servings (about 2 per serving)

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Oatmeal Chocolate Chip Bites	X	✓	*	**	

* If using gluten-free oats

** If using dairy-free chocolate chips

Ingredients:

- 1 cup oats
- ½ cup dried coconut, unsweetened
- ½ cup all-natural peanut butter
- ¼ cup flax seeds, ground
- ½ cup semi-sweet chocolate chips, dairy free
- ¼ cup honey

Directions:

1. Stir all ingredients together in a bowl until thoroughly mixed.
2. Cover and let chill in the fridge for about 30 minutes.
3. Scoop with tablespoon and roll into about 24 balls (approx 1" each)
4. Keep refrigerated. Enjoy!

Berry Medley

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Berry Medley	✓	✓	✓	✓	

Ingredients:

- ½ cup blueberries
- ½ cup strawberries
- ½ cup raspberries

Directions:

1. Mix together and enjoy!

Boiled Egg & Cherry Tomatoes

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Boiled Egg & Cherry Tomatoes	X	✓	✓	✓	

Ingredients:

- 1 egg, boiled
- 1 cup cherry tomatoes
- 1 dash salt

Directions:

1. Boil egg & sprinkle with salt.
2. Serve with side of cherry tomatoes. Enjoy!