



Nourishing compassion for our bodies, the earth and all beings.

Healthy, Plant-Based Snack Ideas and Tips

- Piece of fresh fruit (keep whole fresh fruits in a bowl on the counter; whenever you're hungry you'll be more likely to grab for those items)
- Carrot, celery, red bell pepper, or other vegetables with low-fat hummus (keep cut-up veggies in your fridge and make a delicious dip to keep you satiated between meals)
- Small amount of nut or seed butters (peanut butter, almond butter, pecan and walnut butters, pumpkin seed butter, sunflower seed butter, tahini) with just about anything you can imagine:
 - Fruit slices dipped in a favorite nut/seed butter
 - Veggies dipped in a tahini-lemon-garlic blend
 - Peanut butter on the a whole grain slice of toast
 - Bananas with a thin layer of nut/seed butter then rolled in coconut flakes or raisins
 - Peanut butter spread over celery, with or without a sprinkling of raisins
 - A tablespoon of nut/seed butter tossed into a quickie green smoothie
 - Peanut butter and a small amount of fruit-only-spread put over a whole grain tortilla
 - Mini brown rice cakes with a small amount of peanut butter
- Baked tortilla chips with salsa, hummus or bean dip
- Air-popped popcorn
- Dried fruits such as raisins, prunes or figs, on their own or mixed with raw nuts and seeds
- Raw food bars like LARABAR
- Cherry tomatoes
- Bite-sized baked tofu cubes
- Low-fat granola in a baggie or mixed with soy or coconut yogurt
- Small cucumbers
- Cooked sweet potato
- Fresh soybeans (edamame)
- Soy or coconut yogurt (be aware that there is usually a lot of sweetener; Miyoko has a homemade recipe, [cashew soy yogurt](#) .
- Toasted, whole-grain breads/crackers with fruit spread or nut butters (peanut, almond, cashew) or ¼ mashed avocado

- Bean salads
- Tofurky sandwiches or wraps on whole grain bread, pita or tortillas
- Cubes of avocado mixed with salsa or chopped tomatoes--alone or rolled in a whole grain tortilla or atop a slice of whole grain bread
- ½ cup of beans, warmed in microwave and dressed with salsa and/or lime juice
- 2 Medjool dates stuffed with 1 teaspoon of peanut butter/almond butter or with 2 almonds or walnuts each
- 1/2 banana and 8 almonds
- 1 romaine leaf stuffed with 1/4 avocado and 2 slices tomato
- 1 square dark chocolate, plus 1/2 cup of berries or 8 almonds
- 1/2 small or medium avocado, with a sprinkle of salt or a spoon of salsa

Tips on snacking:

- Learn how to make whole food and raw snacks. The more nutritious they are, the less likely you are to overeat. You'll actually be nourishing your body, not stuffing it with empty calories.
- If you're craving something salty, seaweed snacks or celery with almond butter can help hit the spot.
- If you're going to a social event with friends (where you might be tempted by unhealthy foods), eat a substantial and healthy meal before you leave.
- If you're going to a movie or show, eat a healthy meal before you go. Then sneak in some raw trail mix or healthy snacks, so you're not tempted to eat junk.
- Keep healthy snacks in your car, desk or purse, so you don't have to resort to fast food or anything unhealthy.
- If you're still eating Doritos or potato chips, replace them with *Garden of Eatin'* or other baked chips or Mary's Gone Crackers.
- What about snack bars? Dates and nuts are the main ingredients in Lara Bars. Many others have a lot of sugar and fat. You may make your own, too! You may find recipes at [snack bars](#) .
- Here are some good sources of dehydrated "live food" crackers, chips, chocolates and bars: Simply Loving Raw, Go Raw Bars, and Edible Goddess.

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