

# HEALTHY VEGAN SNACKS

THAT SATISFY HUNGER



# Healthy Vegan Snacks That Satisfy Hunger

Introduction .....	1
1-Guacamole .....	3
2-Kale Crisps.....	5
3-Sweet Potato Chips.....	7
4-Raw Granola Bars.....	9
5-Healthy Apple Cookies .....	11
6-Bugs On A Log .....	13
7-Edamame with Dressing .....	144
8-Homemade Trail Mix .....	166
9-Hummus .....	188
10-Falafel Balls .....	200
11-Traditional Scottish Oat Cakes.....	222
12-Peanut Butter Chocolate Chip Raw Cookies .....	244
Conclusion.....	26

# Disclaimer

DISCLAIMER AND/OR LEGAL NOTICES: Use caution when beginning a new health program. Not all recommendations are suitable for everyone. Check with your doctor before you begin. We will not be responsible or liable for any injury sustained as a result of using any program presented and/or discussed on our blog, via email communications or in video format.

.

## Introduction

One of the toughest things about starting any new vegan lifestyle is figuring out what you can and cannot eat.

With veganism, that may sound easy: Vegans eat no animal products, nor any products that come from animals.

The trouble with this is we form eating habits when we are young, so having to 'give up' foods can be a bit of a challenge, and also, not knowing the exact source of foods mean you have to do more research to know the source. Many times we aren't even aware that some foods contain animal products.

In order to ensure you are not eating any products that come from animals, such as cow milk, whey, rennet, honey and so on, either become really good at reading food labels, or cook yourself from scratch. All natural whole foods only.

The latter strategy is much more practical and economical. Food labels are notoriously confusing and even misleading. At the end of the day, regardless if you are vegan, or not, we all still need majority of natural whole foods and vegetables on a daily basis.

Veganism works perfectly with a 'clean diet', in which you try to eliminate chemicals like artificial colorings, flavorings and preservatives. Instead, you will eat whole foods that are as close as possible to natural. Clean eating can be one of healthiest eating lifestyles, and easy once you know how. Luckily there are many recipes out for you to follow, and you don't need to reinvent the wheel.

One of the areas you will be able to enjoy the most are your snacks, and that's why I have put together this quick recipe book for some yummy vegan snacks.

With a vegan or vegetarian lifestyle the area you need to be most concerned and aware of are your carbohydrates – They are carbs from processed sources and in unnatural form. This leads to excessive carbohydrate intake leading to weight gain and obesity. So make sure you focus on caloric dense high fiber vegetables that will be slow to digest and maintain lower blood sugar and insulin levels.

This strategy will also help you keep your energy levels steady. Because a plant-based diet can often have negative calories, which means, your body burns more energy to digest it than the number of calories in the food itself, especially when it comes to fiber. So remember that rule of thumb.

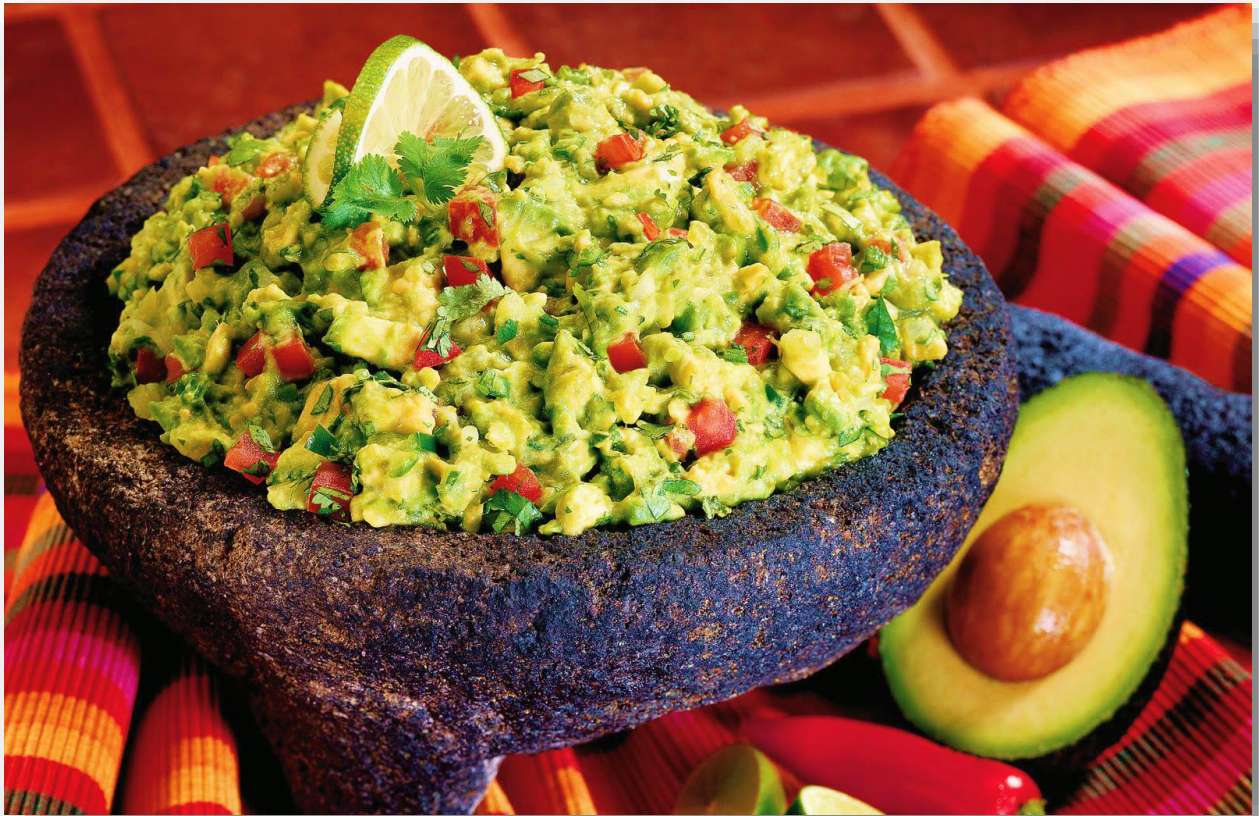
If you are looking for some quick snacks that satisfy your hunger while helping you stick to your vegan nutrition plan, here are a few suggestions that are easy to make and will curb your junk food cravings. Best of all, the entire family will love them and be happy to eat clean too.

It's easy to get started making healthy vegan snacks. You will find 12 recipes for:

- 1-Guacamole
- 2-Kale Crisps
- 3-Sweet Potato Chips
- 4-Raw Granola Bars
- 5-Healthy Apple Cookies
- 6-Ants On A Log
- 7-Edamame With Dressing
- 8-Homemade Trail Mix
- 9-Hummus
- 10-Falafel Balls
- 11-Traditional Scottish Oatcakes
- 12-Peanut Butter Chocolate Chip Raw Cookies

Let's get started!

## 1-Guacamole



### Ingredients

3 avocados, peeled and pitted

juice of 1 lime

dash salt

1/2 cup white onion, diced finely

2 tablespoons chopped fresh cilantro

2 Roma tomatoes, diced

1 teaspoon minced garlic

1 dash chili powder, if desired

## Directions

- ✓ In a medium glass bowl, mash the avocados,
- ✓ Add the lime juice and salt.
- ✓ Stir in the onion, cilantro, tomatoes and garlic.
- ✓ Stir in the chili pepper, if desired.
- ✓ Chill in the refrigerator or freezer for 15 minutes, and serve.
- ✓ Serve with tortilla chips and on the side of any Mexican dish.
- ✓ It will also work well as a sandwich spread in place of mayonnaise.

Note-Eat the guacamole as fresh as possible. The lime juice should stop the avocado from turning brown.

## 2-Kale Crisps



This is a great crispy treat similar to seaweed. Never had seaweed? Well, start with kale. You'll love the flavor and how well it satisfies hunger impulses. You can find seaweed in the oriental section of the grocery store or specialty marts.

### **Ingredients**

10 ounces of fresh kale, rinsed well

½ tsp Kosher salt or other coarse salt

Non-Stick cooking spray



## Directions

- ✓ Preheat your oven to 350°F.
- ✓ Remove thick stems from kale and tear the leaves into large pieces.
- ✓ Arrange the leaves in a single layer on a baking sheet.
- ✓ Spray the kale lightly with non-stick cooking spray.
- ✓ Sprinkle with the Kosher salt.
- ✓ Bake in the oven for about 15 minutes, until the kale is crisp.
- ✓ Cool the pieces and enjoy them as a healthy snack any time.

### 3-Sweet Potato Chips



#### Ingredients

2 organic sweet potatoes

2Tbsp. olive oil

Dash sea salt

Dash ground rosemary, if desired

## Directions

- ✓ Position the oven rack in the center of the oven.
- ✓ Preheat the oven to 250F.
- ✓ Slice your potatoes as thinly as possible. A mandolin works well here, or the slicing blade on your food processor. The thinner they are, the crispier the chips will be.
- ✓ Place the oil on a baking sheet. Place the potato slices in the oil one at a time, and turn over, so both sides get coated. As you work, spread out the slices on the baking sheet so they don't overlap.
- ✓ Sprinkle with seasoning as desired.
- ✓ Bake the chips for one hour.
- ✓ Flip the slices over with a spatula.
- ✓ Bake for another hour.
- ✓ Remove from oven and allow to cool until crisp.
- ✓ Eat as is, or with dip.

## 4-Raw Granola Bars



Experiment with the recipe a bit and try different nuts, seeds, fruit and nut butters to create range of tasty treats you and your family will never get bored with.

### **Ingredients**

2 1/2 cups rolled or quick oats (certified gluten-free if desired)

1 cup raw pumpkin seeds

1/2 cup raisins

2/3 cup raw peanut or almond butter

1/2 cup agave nectar (more if you need things to be stickier)

dash sea salt

## Directions

- ✓ In a large bowl, combine the oats, pumpkin seeds, and raisins.
- ✓ Whisk together the nut butter, agave, and sea salt.
- ✓ Pour into oat mixture, and mix well, till everything is well-combined. If it's too dry, add a bit more agave.
- ✓ Line a 9 x 9" pan with foil or plastic film.
- ✓ Scrape the granola mixture into the pan.
- ✓ Cover with more foil/plastic.
- ✓ Press well into the pan evenly so that it goes to all 4 corners of the pan.
- ✓ Place the pan in the refrigerator.
- ✓ Chill for 4 hours.
- ✓ Lift the mixture out of the pan using the foil or plastic wrap.
- ✓ Cut into bars 1 x 3" inches, wrap individually, and place them in a large zippered food storage bag.
- ✓ Keep refrigerated until ready to use.
- ✓ They should keep for up to 2 weeks.

## 5-Healthy Apple Cookies



### Ingredients

2 medium apples, peeled, cored, and sliced into 8 pieces each

1 cup raw peanuts or hazelnuts

2 cups raisins

½ teaspoon cinnamon

½ teaspoon vanilla

¼ cup chia seeds

## Directions

- ✓ In a food processor, using the steel blade, add the apples and pulse a few times until they are coarsely chopped.
- ✓ Add the raw peanuts and pulse 3 more times.
- ✓ Add the raisins and pulse 3 more times.
- ✓ Scrape down the sides of the bowl.
- ✓ Add the cinnamon, vanilla and chia seeds.
- ✓ Pulse until you get a mixture that sticks together when pinched.
- ✓ Line an 8 x8" pan with foil or plastic wrap.
- ✓ Scrape the mixture out of the food processor bowl into the lined pan.
- ✓ Press the mixture down evenly so that it goes to all 4 corners of the pan.
- ✓ Place the pan in the refrigerator.
- ✓ Refrigerate for 4 hours until well chilled.
- ✓ Remove from the pan by tugging on the foil or plastic wrap.
- ✓ Cut the cookies into 2-inch squares.

Wrap each square in plastic wrap or place in a baggie, and place them in a large zippered food storage bag.

Store in the fridge for 1 week, or in the freezer for up to 2 months. Take one out to enjoy any time you or the family want a sweet treat,

## 6-Ants On A Log



### Ingredients

4 large celery stalks, washed well, ends cut off, green parts only

1/2 cup natural peanut butter

1/4 to 1/2 cup raisins

### Directions

- ✓ Stuff the celery stalks with the peanut butter by spreading it inside with a knife.
- ✓ Add raisins to each 'log', pressing them down lightly to make them stick.
- ✓ Serve immediately, or wrap in plastic and pack in a lunch box.



## 7-Edamame with Dressing



Edamame are soy bean pods. They resemble large, plump, lumpy green beans.

### **Ingredients**

2 cups raw edamame, or frozen and defrosted

Raw Honey Mustard Dressing

Vegans can't eat honey, so this dressing is the next best thing to traditional honey mustard. Agave comes from a cactus.

3/4 cup almonds (omit if anyone is allergic to nuts)

2 tablespoons organic mustard powder

1 tablespoon agave nectar

2 tablespoons lemon juice

dash of salt

1/3 cup water

## Directions

- ✓ Soak the almond in the water for a couple of hours, or overnight.
- ✓ When you are ready to make the dressing:
- ✓ Strain the almonds, but keep the water.
- ✓ In a food processing bowl, place the almonds.
- ✓ Let the food processor run until they are finely ground. Scrape down the sides of the bowl as needed.
- ✓ Add all of the other ingredients except the water. Pulse several times to combine.
- ✓ With the processor running, slowly add the drained off water the almonds had been soaking in until you have a smooth dressing that is your desired thickness and consistency.
- ✓ Scrape out the dressing into a small serving bowl.
- ✓ Place the bowl on a serving platter.
- ✓ Surround the bowl of dressing with the edamame and serve.

## 8-Homemade Trail Mix



### Ingredients

1/4 cup raw almonds

1/4 cup sunflower seeds

1/4 cup shelled pumpkin seeds

1/4 cup raisins

2 tbsp. dried cranberries

2 tbsp. raw cacao nibs

## Directions

- ✓ In a large plastic container with a lid, or a zippered food storage bag, add all of the ingredients.
- ✓ Shake well to combine.
- ✓ Store in a cool, dry place.
- ✓ Divide up into one ounce servings as needed and place in a baggie if you are packing it for a snack in a lunch box or as you head out on a hike.

Note: Omit the cacao nibs for a more savory mix.

## 9-Hummus



### Ingredients

4 cups cooked chickpeas, canned, or cooked from dried

3/4 cups tahini (sesame paste)

1/2 cup fresh lemon juice

1/4 cup extra virgin olive oil

4 cloves of garlic, peeled

2 teaspoons kosher salt, or to taste

1 Tbsp ground cumin

## Directions

- ✓ Combine all ingredients in a food processor or blender and process until thick and smooth.
- ✓ Check the seasonings and adjust as needed.
- ✓ Spoon the hummus into a serving bowl or a plastic container to use as a dip or as a sandwich spread.

If serving as a dip, drizzle with some additional olive oil and garnish with a dusting of paprika.

Note: Hummus can also be a handy vegan substitute for mayonnaise. Adjust the garlic as needed.

## 10-Falafel Balls



Falafel (pronounced FAH-LAH-fell) is a popular Middle Eastern dish eaten any time of the day, including breakfast. Normally, falafel is deep fried, but in this recipe, they are baked, to make them crunchy on the outside and delicious on the inside!

### Ingredients

- 3 tablespoons olive oil
- 1 large can chickpeas, drained
- 1 small onion, chopped
- 2 cloves of garlic, chopped
- 1 tablespoons of fresh parsley, chopped
- 2 tablespoons wholewheat flour
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1/2 teaspoon baking powder
- salt and pepper

## Directions

- ✓ Preheat the oven to 350F.
- ✓ Drizzle the olive oil evenly in shallow baking dish. Set aside.
- ✓ In your food processor, process the chickpeas until coarsely ground.
- ✓ Add the onions and garlic and pulse 3 times.
- ✓ Add the remaining ingredients to make a thick paste-like consistency.
- ✓ Using clean hands, shape the falafel into small balls and place in the prepared baking dish. Roll around in the oil a little to coat.
- ✓ Place the baking dish in the preheated oven.
- ✓ Bake for 10 minutes.
- ✓ Using a spatula, turn over the falafel.
- ✓ Bake another 10 minutes.

Remove from the oven and eat hot or cold with hummus and vegetables.

Note: Falafel are usually served in a sandwich. However, bread is not on a raw diet because it is baked. It is not on a vegan diet because it will often have honey, whey, and other animal products in it. Even if you were to bake it yourself from scratch, it would not be vegan, because, technically speaking, since yeast is a living creature, you would be exploiting it.

If you struggle to live without bread, you can enjoy your falafel with a raw vegan flatbread/wrap too! 😊



## 11-Traditional Scottish Oat Cakes



These are a tasty and healthy quick bread you can use for any occasion. If you think you are sensitive to glutens, use gluten-free oats and flour.

### **Ingredients**

1 cup quick cook oats

1/4 cup whole wheat flour

1/2 tsp baking soda

1 tsp salt

1/2 tsp sugar

1/8 cup coconut oil, room temperature, or canola oil

2 to 3 ounces hot water from a boiled kettle

Extra flour and oats for dusting

## Directions

- Lightly grease a large baking sheet. Set aside.
- Pre-heat the oven to 375F.
- In a large glass bowl, add the oats.
- Sift in the flour, baking soda, salt and sugar. Stir well to combine.
- Using a pastry cutter or 2 knives, cut in the oil until the mixture resembles coarse bread crumbs.
- With a wooden spoon, stir in the water by adding it little by little to the dry ingredients until you have thick dough that is not too sticky.
- Dust a clean work surface with the extra flour and oats.
- Dust a rolling pin with flour.
- Roll out the dough until it is about 1/2-inch thick.
- Dust the rim of a drinking glass.
- Cut the dough into rounds using the rim of the drinking glass. Place each oatcake on the prepared baking sheet.
- Re-roll the dough scraps and cut out again, until all used up.
- Place the baking tray in the oven and bake the oatcakes for 10 minutes.
- Using a spatula, turn them over.
- Continue to bake for another 10 minutes, and check for doneness. They should be slightly golden brown.
- Continue to bake for 2 minute intervals until desired doneness. Be careful not to let them burn, which they can do easily due to the butter.
- Remove from the oven and let cool on the baking sheet for 5 minutes.
- Transfer the oatcakes to a wire rack to continue cooling. They should be firm and crumbly like a cookie when they are done.

## Uses

These can be used in place of crackers or bread, and topped with everything from cheese to peanut butter. They will freeze well, so if you wish to make a second batch, allow to cool fully before placing in a plastic container or baggie. Allow to defrost at room temperature for 15 minutes before using.

## 12-Peanut Butter Chocolate Chip Raw Cookies



### Ingredients

1 cup rolled oats

1 1/2 cups raw shredded coconut

1/2 cup ground flax seeds

1/8 teaspoon sea salt

3/4 cup raisins

1/4 cup natural peanut butter, crunchy

1/4 cup raw chocolate nibs

## Directions

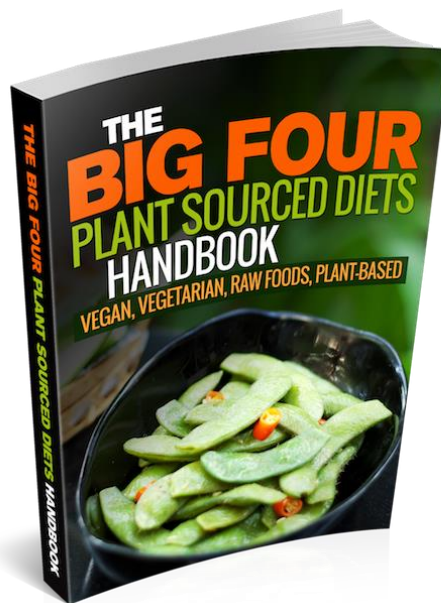
- Grind everything except the raisins into flour in a blender or food processor.
- Add the raisins and process until it becomes a dough that holds its shape when pressed between finger and thumb.
- Roll out evenly, as thick or thin as you prefer, and cut into cookies.
- Leave the cookies to harden in the freezer.
- Vegan, raw, gluten-free if you use certified gluten-free oats

## Conclusion

# Exclusive Offer For You

Get Access to my jam-packed Book:

The 4 Big Plant Based Diets



**And special 60% Off.**

Perfect for those interested in higher levels of health and performance, vegetarians or wanting to lose weight, eat better and live longer.

[www.danremon.com/the-four-big-plant-diets](http://www.danremon.com/the-four-big-plant-diets)