

Healthy Plant Based Snacks **SWAPS**

Elena Holmes MSc



PLANT-BASED
Health Professionals UK

Crispbread
with butter



Crispbread
with hummus



Crispbread
with peanut,
almond, pumpkin
seed or other seed
or nut butter

Crispbread
with mashed
avocado



Biscuits



A banana,
sliced and
sprinkled with
cinnamon



Apple slices
with peanut
butter



Oatcakes



Vegan energy bar without
added sugar or
sweeteners



To learn more, join this free challenge



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Crisps

SWAP THIS



Homemade crisps from sliced root vegetables, such as beetroot, parsnip, or carrots

SWAP

SWAP

SWAP

Homemade kale crisps

Vegetable crisps



Roasted spiced chickpeas



Milk chocolate

SWAP THIS



A quarter cup nuts

Dark vegan chocolate (at least 70% cocoa)

SWAP

SWAP



3-4 dates



A quarter cup figs

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**Cheese
and crackers**

SWAP THIS



SWAP

A handful of
macadamia,
Brazil, or
cashew nuts



**Peanuts in
their shell**



SWAP



**Vegetable sticks
with hummus**

Greek yoghurt

SWAP THIS



SWAP

Plant-based yoghurt
(you can add some
berries, sliced
banana or apple, or
seeds)



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