

Healthy Plant Based Snacks **SWAPS**

Elena Holmes MSc



PLANT-BASED
Health Professionals UK

Crispbread
with butter

SWAP THIS

SWAP

Crispbread
with mashed
avocado

Crispbread
with hummus

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

Biscuits

SWAP THIS

SWAP

Oatcakes

A banana,
sliced and
sprinkled with
cinnamon

Apple slices
with peanut
butter

Vegan energy bar without
added sugar or
sweeteners

To learn more, join this free challenge



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Crisps

SWAP THIS



SWAP

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



Roasted spiced chickpeas

SWAP

Homemade kale crisps



Vegetable crisps



Milk chocolate

SWAP THIS



SWAP

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Dark vegan chocolate (at least 70% cocoa)



A quarter cup nuts



3-4 dates



A quarter cup figs

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Cheese and crackers

SWAP THIS



A handful of
macadamia,
Brazil, or
cashew nuts

SWAP



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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