

Vegan Healthy Snacks

- A small pot plain sojasun or coconut yogurt with a good sprinkle ground seeds
- ¼- ½ a pot of hummus with a handful of carrot, pepper, cucumber and celery sticks
- Soaked nuts or seeds. Choose unsalted, raw nuts
- Protein shake: 1 scoop of hemp protein powder mixed with 125ml-250ml water, ½ cup berries and 1 tsp hempseed or flaxseed oil
- 1 piece of fruit plus 10 nuts
- Celery sticks filled with pumpkin seed butter or nut butter
- Oat cakes spread with a bean or lentil pate
- A small avocado
- 1 cup instant miso soup plus a handful of soaked nuts
- Oat cake topped with nut butter or pumpkin seed butter