### **Accidently vegan snacks**

Sliced fruit alone or apple slices/banana with peanut butter (there are 'on the go' pb and almond butter)

Orange slices or small oranges/tangelos

Fresh berries (strawberries, blue or red or black berries)

Grapes

Baby carrots

hummus with sliced carrots/bell pepper/broccoli and crackers

Applesauce or fruit cups

Raw nuts

Dried fruit (raisins, dried cherries etc)

Daiya vegan cheese sticks

Babybel vegan cheese wheels

Guacamole and/or salsa and plain tortilla chips

Edamame

These brands of lose granola: Safe & Fair, Wildway, Back to Nature, Made Good

# Chips and cracker type:

Chex Mix ORIGINAL

Ritz Bits Peanut Butter

Wheat Thins, Keebler Club crackers, Ritz Crackers, Triscuits (almost all of their generics are, too)

Town House crackers, saltines

Nabisco original graham crackers (ONLY vegan graham cracker)

Fritos corn chips and BBQ corn chips

MOST not all rice cakes/mini rice cakes

Munchos

**Bugles** 

Corn Nuts

DORITOS Spicy Sweet Chili Flavored Tortilla Chips (ONLY vegan flavor)

Safe & Fair brand popped popcorn

## **Snack bars:**

Bobo's

Luna Bars

Larabars -ALMOST all are vegan

**VERB** caffeinated bars

Cliff Bars-ALMOST all are vegan

Nature Valley Trail Mix Chewy Granola Bars (Cranberry & Pomegranate, Dark Chocolate Cherry, Dark Chocolate & Nut, and Fruit & Nut varieties)

Nature Valley Crunchy Granola Bars (Apple Crisp, Cinnamon, Peanut Butter, Pecan Crunch, and Roasted Almond varieties)

Kashi Chewy Granola Bars: Cherry Dark Chocolate, Chocolate Almond Sea Salt, Chocolate Peanut Butter, Dark Mocha Almond, Peanut-Peanut Butter, and Trail Mix.

Kashi Chewy Nut Butter Bars: Salted Chocolate Chunk, Coconut Cashew Macaroon, Almond Snickerdoodle, and Chocolate Trail Mix.

# **Dessert like items:**

Cracker Jacks

Oreos (and their generics)
Nutter Butter cookies (and their generics)
Biscoff cookies
Nabisco ginger snaps
Animal crackers

# Look at the label, but most of these TYPES of snacks contain no animal products;

**Pretzels** 

Tortilla chips and MOST potato chips OTHER THAN ones like Sour Cream Hummus to go packages Most roasted nuts (some dry roasted nuts contain milk because cows live in trees) Bags of trail mix WITHOUT the milk chocolate chips

#### **Definitions**

### Vegan

People who do not eat meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey and do not use animal products such as leather or animal tested skin care products.

## Vegan snacks to make:

Homemade chex mix
Frozen grapes
Vegan yogurt parfaits with a mix of fruit/nuts/granola/cacao nibs/etc
hummus pinwheels (https://godairyfree.org/recipes/healthy-hummus-pinwheels
homemade trail mix with seeds, nuts, vegan chocolate chips
baked chickpeas (also available in some stores)
mini bagels with vegan chez spread or vegan cream chez
crackers with chez spread-Laughing cow, Miyoko's and Boursin have a vegan cheese spread.

Bumps on a log (celery, peanut butter and raisins or other dried fruit)

## **Specialty orders:**

Mushroom jerky Seaweed crisps