

# 20 Quick & Healthy Gluten-Free Snack & Mini Meal Ideas



1. Melt a piece of cheese over a tomato in the microwave.
2. Bake a potato in the microwave for 5 minutes or until soft. Wrap in foil and let stand for 2 minutes, then add hummus, beans, butter or sour cream to it.
3. Cut up carrots, broccoli, peppers, and/or your other favorite vegetables to dip into hummus.
4. Toss up a salad with lettuce, apples, grapes, strawberries, bananas, almonds, walnuts, tomatoes, onions, peppers, cucumber and raspberry vinaigrette.
5. Make a bean salad: purchase some of your favorite beans (ie: black beans, kidney beans, chickpea beans). Rinse and drain canned beans, mix together and add salsa.
6. Add tomato sauce, cheese and your favorite vegetables to a gluten-free pizza crust.
7. Sauté chopped onion, minced garlic and a tablespoon of olive oil in a large saucepan. When it browns, add your favorite fresh vegetables and toss into a gluten-free pasta.
8. Spread peanut butter on a banana and roll it in either chocolate chips or granola.
9. Wrap a piece of lettuce around turkey, cheese and tomato, or try lettuce wrapped around hummus.
10. Blend 3 cups of frozen vanilla yogurt,  $\frac{3}{4}$  cup milk and add fresh berries of your choice (2 servings).
11. Spread peanut butter or light cream cheese on celery.



12. Eat a gluten-free protein bar (ex. Larabars).

13. Freeze some grapes and have them later for a crunchy, sweet treat.

14. Make your own trail mix with a combination of nuts, dried fruit and gluten-free candy (ie: peanuts, almonds, walnuts, dried banana, dried apple and plain M&M's).

15. Mix sliced nuts, fresh fruit, chocolate chips or a gluten-free cereal into yogurt.
16. Cut up fresh fruit and eat it with fat free cottage cheese. Try adding a dash of cinnamon.
17. Make a peanut butter and jelly sandwich on gluten-free bread (add banana and honey for extra flavor).
18. Melt shredded cheese on corn tortilla chips. Place in the microwave on high for 1 minute and then dip it into salsa, guacamole and/or sour cream.
19. Make a pizza bagel with tomato sauce and cheese on a gluten-free bagel. Cook in a toaster oven.
20. Make some popcorn.