

GLUTEN FREE SNACK IDEAS

- carrots, cucumbers, celery
- carrots with honey mustard dip
- apples
- rice crackers and cheese
- gluten free snack mix
- rice crackers and hummus
- apples and caramel
- frozen grapes
- sweet potato fries
- sunflower seeds or pumpkin seeds
- peanut butter, hummus, or baba ghanouj on rice cakes
- oranges
- salsa and tortilla chips
- guacamole and tortilla chips
- hard boiled eggs
- popcorn
- popsicles
- raisins or craisins
- cream cheese on a rice cake, topped with jam
- pudding
- jello
- gluten free Chex mix
- Glutino pretzels
- trail mix (Gorilla Munch, mini marshmallows, raisins, sunflower seeds, nuts)
- pickles
- chocolate milk
- gluten free rice krispie squares (these can be made ahead, cut up, and frozen)
- peppers
- pineapple
- cottage cheese
- zucchini
- gluten free cookies

- applesauce
- homemade lunchables (gluten free sausage, cheese, rice crackers)
- gluten free pumpkin muffins
- bananas
- snap peas
- broccoli or cauliflower with dip
- yogourt or frozen yogourt
- tzatziki with red peppers
- garbanzo beans
- fruit leather
- gluten free luncheon meat rolled up in lettuce
- pickled asparagus, carrots, or jarred olives
- kiwi, cantaloupe, honeydew, strawberries, grapes, cherries
- frozen berries
- fruit salad
- Sensible Portions Veggie Straws or Veggie Chips
- Surprise Spread with tortilla chips or rice crackers
- gluten free mini muffins made ahead and frozen
- gluten free cinnamon buns
- Muddy Buddies made with gf Chex
- dried mangoes or pineapple
- quesadillas made with Udi's gf tortillas
- kale chips
- apple sandwiches - spread apple slice with peanut or almond butter, sprinkle with gf granola, raisins, coconut, chocolate chips, or mini marshmallows and top with another apple slice
- smoothies
- fruit kabob
- ants on a log - celery stick filled with peanut butter, almond butter or cream cheese and topped with raisins
- frozen yogourt made either by freezing drops on a cookie sheet or by filling fun shaped ice cube containers and freezing them
- snow ice cream
- dry gf cereal
- Udi's gf granola on yogourt or applesauce
- pickled beets, carrots, beans or asparagus
- fruit salad

- frozen yogourt dipped strawberries or blueberries
- parmesan crisps
- chickpeas roasted with olive oil, paprika or cayenne or curry and garlic
- baked egg in avocado - half an avocado, crack egg in center, sprinkle with pepper, salt and cheese and bake until egg is cooked
- devilled eggs
- shrimp cocktail
- black or green olives
- toast made with gf bread
- California rolls
- potato puffs
- tuna salad wrapped in lettuce
- microwave s'mores using gf graham crackers
- gf bacon wrapped dates - secure with a toothpick and bake
- baby tomato, cheese and gherkin pickle on a toothpick
- edamame beans
- red and yellow peppers
- pineapple slices
- organic tortilla chips
- gluten free sausage
- four cheese rice crackers
- orange slices
- sushi
- gluten free Granola Muffins
- mini pizzas made on a gluten free English muffin
- gf luncheon meat and cheese or cream cheese rolled in a gf tortilla
- banana sliced down middle and filled with peanut or almond butter
- pomegranate seeds
- greek salad or quinoa greek salad
- gluten free granola bars
- gluten free brownies