

ONE BITE

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Vegan Magazine

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TAKING CONTROL
OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

WITH A COPY of VEGAN COMFORT COOKING + RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



EASY 3-INGREDIENTS AFTER SCHOOL SNACKS

(Vegan + Healthy!)

By Caitlin Shoemaker

Save money AND time with these 3-Ingredients After School Snacks! They're easy to make, kid-friendly, and use simple, tasty ingredients. Plus they're vegan!

The last thing you want to do after a long day of school (or work) is come home and spend 45 minutes making an elaborate snack. Am I right, or am I right?!

Thankfully, I've got 6 easy-to-make snack ideas for

you! They're tasty, mostly healthy, and you only need 3 ingredients to make them. Say goodbye to boring chips and carrot sticks, and hellooo to these tasty concoctions.

I decided to come up with 3 sweet and 3 savory recipes for you all — you know what they say, variety is the spice of life! These recipes are kid-friendly, and are either no-bake or can be made in a microwave or toaster oven.

SAVORY SNACK #1: BUFFALO HUMMUS

Hummus + Veggies is great, but gets old after a while. Switch it up by adding in some Buffalo Hot Sauce into the mix! For an extra-yummy treat, heat the Hummus up for a few seconds in the microwave and serve it warm.

INGREDIENTS:

- 1/3 cup Plain or Garlic Hummus
- 1-2 tbsp Buffalo Hot Sauce, or to taste (I like Frank's)*
- Veggies OR Fresh Pita, to dip

INSTRUCTIONS:

1. Mix the Hummus together with the Hot Sauce until well-incorporated, then serve as desired. *For another fun twist, substitute the Hot Sauce with Barbecue Sauce, Teriyaki Sauce, or another favorite Vegan Sauce of yours!





SAVORY SNACK #2: PITA BREAD PIZZAS

These Pizzas are great for a larger group of people, or when you're feeling extra hungry. You can melt the cheese in the microwave if you don't have a toaster oven, but this will make the bread chewy.

INGREDIENTS:

- 1 medium Pita (if you are GF, sub with a GF Tortilla)
- 1/3 cup Marinara Sauce
- 1/2 cup Vegan Cheese Shreds OR 2 tbsp Nutritional Yeast (for a healthier, but still cheesy, option)

INSTRUCTIONS:

1. Spread the Marinara Sauce evenly over the Pita, and sprinkle with cheese.
2. Place the Pita into your toaster oven and bake at 375F for 5-10 minutes, or until the Vegan Cheese has melted.

SAVORY SNACK #3: GUACA-SALSA

What's better than lazy Guacamole?! Lazy Guacamole that doesn't dirty a bowl!

INGREDIENTS:

- 1/2 Avocado
- 1-2 tbsp Salsa
- Chips OR Veggies, to dip

INSTRUCTIONS:

1. Remove the pit from the avocado half and carefully use a knife to "score" it like a checkerboard.
2. Use a fork to mash the avocado in its "skin."
3. Once mashed, add 1-2 tbsp of salsa and mix well.
4. Serve with chips, or fresh veggies for a healthier option.





SWEET SNACK #2: DATE “SNICKERS”

Who knew 3 simple ingredients can magically taste like a Snickers bar?! I like to make a bunch of these at once, so I can save time later in the week.

INGREDIENTS:

- 5-10 Medjool Dates
- Natural Peanut Butter (I’d recommend crunchy)
- ¼ cup Vegan Chocolate, to drizzle on top

INSTRUCTIONS:

1. Carefully slice one side of each Medjool date and remove the center pit.
2. Line a baking tray or large plate with parchment paper, and place the dates on top of it.
3. Using a small spoon, place around ½ – 1 tsp of peanut butter into the center of each Date.
4. Next, melt the vegan chocolate in the microwave — cook at 30-second intervals, stirring in between.
5. Once the chocolate is 75% melted, stir until it is completely melted.
6. Drizzle the melted chocolate over each date (or dunk them!) and let cool completely.
7. Store the leftovers in a sealed container at room temperature for up to one week.

SWEET SNACK #1: APPLES AND “CARAMEL” SAUCE

While traditional caramel isn’t vegan, this healthy “caramel” sauce is! Made with only maple syrup and nut butter, it’s an easy — and tasty — treat.

INGREDIENTS:

- ½ tbsp Maple Syrup (or Agave)
- 1 tbsp Nut or Seed Butter
- 1 Apple, or other fruit of choice

INSTRUCTIONS:

1. Mix the maple syrup and nut butter together in a small bowl, until well combined. Slice an apple and dip away!



SWEET SNACK #3: PEANUT BUTTER & CHOCOLATE POPCORN BALLS

If you love the combination of salty & sweet, you're going to love this snack! This recipe is very customizable and would also be a fun lunchbox snack for kids as well.

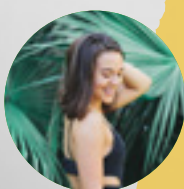
INGREDIENTS:

- ½ cup Peanuts, chopped (can sub another nut or seed)
- 2. 4 cups of Popped Popcorn (I used plain Sea Salt Popcorn)
- 3. ¾ cup Vegan Chocolate, melted

INSTRUCTIONS:

1. Add the peanuts and popcorn to a large bowl and mix well.
2. Pour the melted chocolate (use the same method as the Date "Snickers") over the mixture, and stir until all of the popcorn and peanut pieces are coated.
3. Line a baking sheet with parchment paper and use a large spoon or scoop to place "balls" onto the sheet.
4. Let cool completely*, so the chocolate solidifies and the balls hold their shape. *Stick the balls in the fridge or freezer to speed up this process!

Caitlin Shoemaker —



Caitlin is a blogger and content creator at frommybowl.com. She aims to share her passion for food and show her large following that vegan food doesn't have to be expensive or complicated to taste great and be healthy.

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