

# ONE BITE

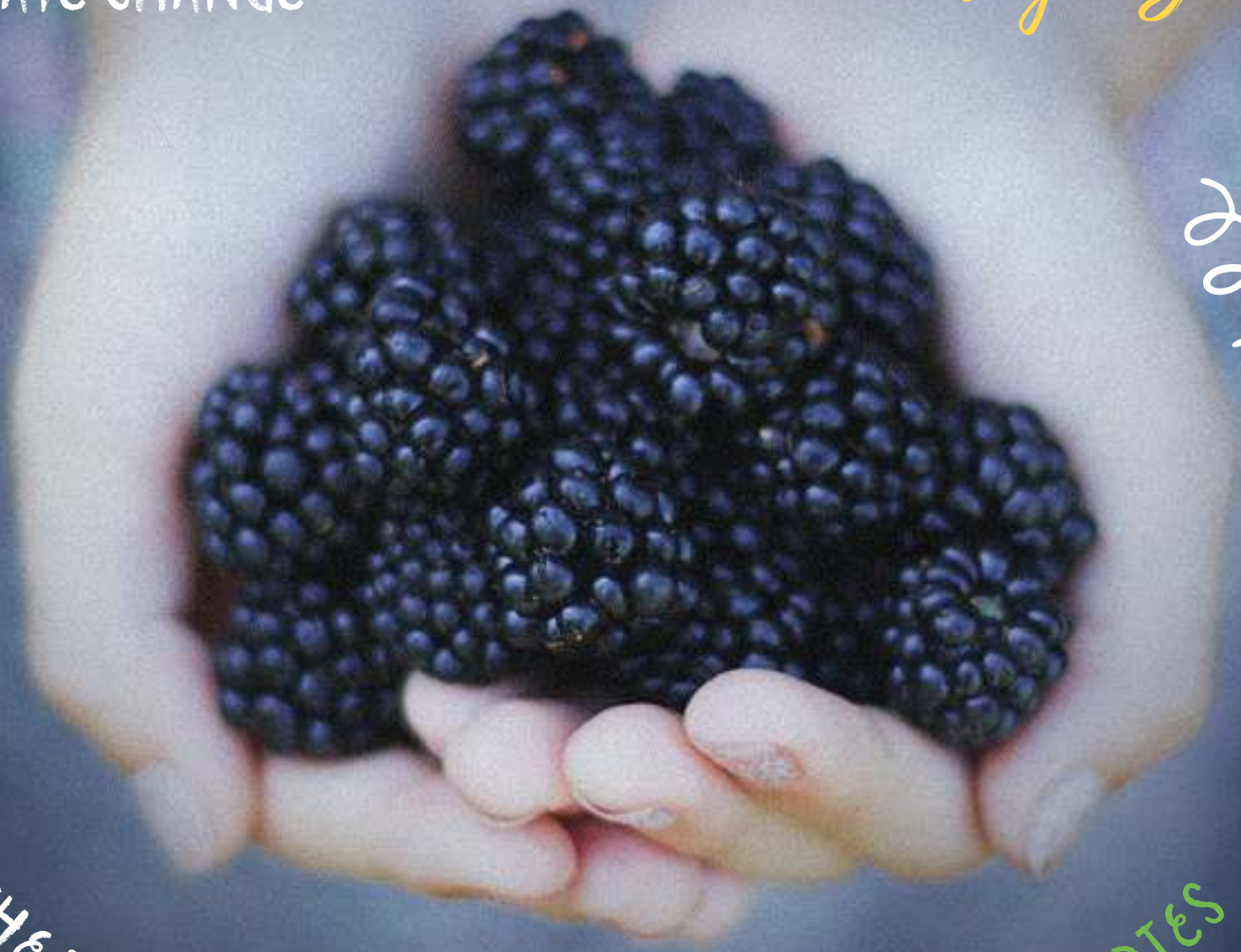
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*Vegan Magazine*

summit 2019 issue

EATING AWAY  
at CLIMATE CHANGE

CLASSIC DISHES  
*Veganized!*



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE  
Vegan Meals <<

TWO SECRETS  
for EATING VEGAN  
ANYWHERE

MAMA MIA  
VEGAN PREGNANCY



# Healthy VEGAN SNACKS

Feeling peckish? This delightful collection of healthy vegan snack recipes will help fill the gap!

## Dill Pickle Hummus

TOTAL TIME:  
10 mins

By Bree Sheree

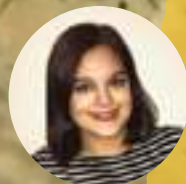
This dill pickle hummus is vegan, oil free, and gluten free. It is super healthy, easy to make, and absolutely delicious!

### INGREDIENTS

- 540 ml can of chickpeas
- 2 tbsp aquafaba (liquid from a can of chickpeas)
- 1 cup diced dill pickles
- 3 tsp dill weed
- 3 tbsp tahini (ensure oil free)
- 1 tsp garlic powder
- 6 tsp lemon juice
- ¼ cup chopped yellow onion

### DIRECTIONS

1. Add all ingredients to a food processor or blender and blend until smooth.



Bree Sheree

Bree Sheree is the blogger behind breeveganlife.com. The aim of her blog is to help people adopt a vegan lifestyle and promote a healthier lifestyle through a plant-based diet. All of the recipes on her website are oil and gluten-free, there are also lots of tips and tricks on how to live a healthier vegan life.

Website: [www.breeveganlife.com](http://www.breeveganlife.com) [Pinterest](#)