

### Vegetarian Snack Idea List

- **1/2 cup avocado**, mashed with 1 TBS salsa, with **jicama, cucumber, bell pepper** sticks for dipping
- **Kale Chips** or Seaweed Crisps
- Nut Butters with **Celery**
- 1 serving of frozen **berries**
- **Bell peppers with Hummus**
- 1 cup mixed **Broccoli and Cauliflower florets** with approved dipping sauce
- **Brussel Sprout Chips** (Recipe on our website)
- Roasted buffalo **cauliflower** bites
- **Cucumbers, and bell peppers** dipped in Tzatziki
- **Avocado, feta cheese and arugula** on our bread or keto bread
- Allowed serving size of **almonds, or peanuts**
- Roasted **Edamame**
- **Mission Low Carb Tortilla** wrap with **veggies, hummus, and feta cheese**