



## ***Quick, Easy to Fix & Nutritious Gluten-Free Snacks***

***Prepared by Melissa Marek, RD, LD  
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- Add chopped apricots to gluten-free cereal or strawberries to gluten-free yogurt
- Top rice cakes with nut butter or sliced banana
- Top gluten-free waffles or pancakes with berries
- Include a leafy green vegetable at every dinner
- Add frozen peas to quinoa
- Include mushrooms in your pasta sauce
- Make a pot of vegetable soup to have in the refrigerator each week
- Popcorn tossed with raisins
- Fruit smoothie made with low-fat gluten-free yogurt and raspberries
- Gluten-free energy bar (check labels)!
- Tacos made with whole-grain corn tortillas → fill with black beans, low-fat cheese, and pre-diced vegetables
- Open faced grilled cheese and tomato sandwich on a gluten-free bagel
- Homemade tortilla chips with avocado and salsa
- Rice crackers topped with low-fat cheese
- Cheese and bean quesadilla on whole-grain corn tortilla