

CHIPS & DIPS



...AND MORE!

By Julie E Health 2021

There are so many great healthy snacks these days and I always find the best tasting of the healthiest ones - and share them with you. Here's a list of some you might not be familiar with:

Get more protein in a tasty way

Tortilla chips that are made from beans and high in PROTEIN Beanfields Bean Chips - large Variety of Flavors

<https://thrivemarket.com>

Tortilla chips made from everything but wheat and corn

<https://Sietefoods.com>

Sweet snack that are not sweet

Dang Coconut Chips

<https://thrivemarket.com>

Enlightened Roasted Bean Crisps

<https://beans.eatenlightened.com>

Variety of raw, sprouted snacks, crackers and seeds

Go Raw

<https://goraw.com>

Hemp based snacks; high in protein and healthy fats

Hemp Yeah Granola Bars, Granola

<https://manitobaharvest.com>

Sprouted/popcorn and Activated Cereals (snacks)

Living Intentions

<https://www.livingintentions.com>

Popcorn and Puff Snacks that are healthy

Lesser Evil Snacks

<https://lesserevil.com>

Puff snacks that are healthy

Vegan Rob's 'Cheese Doodles' cauliflower and brussel sprout puffs and more

<https://veganrobs.com>

Sprouted and seed based crackers

Mary's Crackers Super seed crackers

<https://shop.marysgonecrackers.com>

Superfood snacks:

Navitas coconut hemp superfood + pepitas! OMG

<https://navitasorganics.com>

Crackers that are made from veggies and fruit

Nud Snacks

<http://www.nudfud.com>

Simple Mills Crackers, A variety of Flavors

<https://simplemills.com>

Epic pork rinds

<https://epicprovisions.com>

From the Ground up Snacks, cauliflower and butternut

Squash pretzels and snacks

<https://fromthegroundupsnacks.com>

BREADS and WRAPS

Barely Bread 100% Grain Free Sliced Loaf - Slow-baked artisan loaf, perfect for sandwiches, toast or your favorite spread. Nutty flavor with hints of almond and hazelnut.

<https://www.barelybread.com>

Tortilla wraps made from coconut meat

NuCo Coconut Wraps

<https://shop.nucoconut.com>

Sprouted flourless breads, English muffins and cereals

Ezekiel

<https://www.foodforlife.com>

Dairy, DIPS, CHEESE, MAYO, RICE

Humus made from Lentils:

Hope Foods Dips, Cashew, Almond and more

<https://hopefoods.com>

Dairy products that are non-dairy and made from almonds

Kite Hill

<https://www.kite-hill.com>

Cream Cheese that's non-dairy; many flavors

MIYOKO'S

<https://miyokos.com>

Yogurt, cheese, and ice cream (cool whip too!) that is made from coconut

So Delicious

<https://sodeliciousdairyfree.com>

Salad Dressings, Mayo, Avocado Oil and more that are actually healthy

Primal Kitchen

<https://www.primalkitchen.com>

Rice made mostly from vegetables and cooks quickly

Right Rice

<https://rightrice.com>

Dairy free melted cheese dip - from Cashews

Siete Foods

<https://sietefoods.com>

Violife Feta Cheese. 100% Vegan

<https://violifefoods.com>

Julie E

Simple Solutions
for Health

www.JulieEHealth.com

For more Information:

Visit: www.JulieEHealth.com

Email: info@JulieEHealth.com

or Call: (310) 503-6336

SOUPS/DRINKS

Organic Vegetable, split pea and lentil soup low sodium
Amy's
<https://www.amys.com>

Bonafide Bone broth
<https://www.bonafideprovisions.com>

Epic Bone broth
<https://epicprovisions.com>

Evolve Protein Shakes and more
<https://www.drinkevolve.com>

Plant Based
Chocolate, Golden Milk and other superfood drinks
Rebbl
<https://rebbl.co>

KIDS SNACKS

Annie's Snacks, cereal, mac n cheese, fruit rolls
<https://www.annies.com>

Bitsy's Organic Kids snacks
<https://bitsys.com>

Mamma chia granola
<http://www.mammachia.com>

Purely Elizabeth Granola, Pancake Mix, Hot Cereal

This kid saves lives (check ingredients /test it). Bars and snacks
<https://thissaveslives.com>

HEALTHY 'CANDY'

Alter eco chocolate
<https://www.alterecofoods.com>

Annie's gummy bunnies
<http://annies.com>

Black forest Fruit snacks, gummies
<https://www.blackforestusa.com>

Hail merry tarts!
<https://hailmerry.com>

Nelly's plant based bars covered in chocolate
<https://nellysorganics.com>

Smash mallow Gummies, vegan marshmallows
<https://www.smashmallow.com>

Square organic bars Chocolate
<https://thrivemarket.com>

RAWAY chocolate bars - OMG
<https://rawaychocolates.com>

Un-real peanut butter cups, bars and more
<https://getunreal.com>

Yum earth / yum earth organic gummy and candy, gluten free
<https://shop.yumearth.com>

FROZEN

Dr. Praeger's Vegetarian Burgers
<https://drpraegers.com/our-food/california-veggie-burgers>

HEALTHY DESSERT FOODS

Healthy Cupcakes with none of top allergens as ingredients

Better Bites
<https://betterbitesbakery.com>

Cocomel's caramels yum yum
<https://thrivemarket.com/p/cocomels-coconut-milk-caramels-sea-salt>

Chocolate Milk made from Hemp
Hudson river foods
<https://hudsonriverfoods.com>

Nutella spreads made from hazelnuts
Nutiva
<https://www.nutiva.coM>

Whipped Cream made from Rice
Soyatoo Rice Whip
Find it on amazon and other sites

Frozen fruit pops with no added sugar
Modern pop
<https://thmodernpop.com>

Sugar Free Ice cream - made from coconut
Coconut Bliss
<https://coconutbliss.com>

Plant Based frozen dessert (aka ice cream)
Reveri
<http://www.reveri.com>

Ice cream, sandwiches and whip topping
So Delicious
<https://sodeliciousdairyfree.com>