

# GRAB & GO APPETIZERS

Simple appetizers you can pick up at the store and transfer to your own dish, great for you or a crowd



## Cut Veggies with Dip

*This healthy appetizer is a definite crowd pleaser*

Purchase a premade veggie container and replace the dip with a plant based version, like the delicious "Brianna's Poppysseed Dressing." Or assemble your own with cucumbers, grape tomatoes, baby carrots, celery, cauliflower, broccoli, radishes, colored mini peppers, sugar snap peas, mushrooms and more.



## Guacamole & Chips

*The first empty bowl at every party*

Find a brand you love - our local grocery chain makes the best one we have found. Or simply rough blend an eyeball mix of cut cherry tomatoes, onion, cilantro, jalapeno, lime juice & salt. Mash up a couple avocado's and mix all together. Simple and delicious.



## Cowboy Caviar & Chips

*A hearty crowd pleaser that is both tasty and filling*

Purchase a large container, pour into your own dish and serve. Or throw together the ingredients: tomatoes, onion, black beans, black eyed peas, sweet corn, bell pepper, jalapeno, cilantro, and salt. Top with a zesty dressing or make your own: olive oil, lime juice, red wine vinegar, sugar, salt, pepper & garlic powder - all to taste.



## Bruschetta

*Serve classic bruschetta with plant based parmesan or without*

Easy to top store bought bread crisps with a jar of premade bruschetta mix. Or assemble your own: rough chop grape tomatoes, minced garlic, olive oil, balsamic vinegar, basil, salt & pepper. Toast a sliced baguette for a few minutes, top with the mixture and serve. Top with a plant based parmesan.



## Spreadable Dip with Crackers

*Can't get any easier than a spreadable dip and a box of crackers*

Many plant based brands are coming out with spreadable dips. Taste a few and find your favorite for that go-to appetizer that is ready in seconds. Our favorite is "Leaf Cuisine - Garlicky Herb Dairy Free Spread" but with so many choices it is fun to taste test.

*\*Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.*

Printable Meal Guides

**ORGANIZING**  
a Plant Based Life.com

OrganizingAPlantBasedLife.com/Food/Printable-Meal-Guides/