

# TREATS

Everyone loves an occasional treat, choose something satiating but keep portion control in mind



## Frozen Fruit

Frozen or warmed mango's, pineapple, mixed berries or other combo



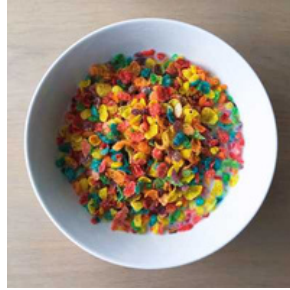
## Applesauce with Berries

Bowl of applesauce with warmed frozen berries



## Simple Chia Seed Pudding

Combine overnight 2T chia seeds & 1/2 C v-Milk & vanilla splash. Sweeten w agave or maple syrup & top with fruit



## Small Bowl of Kids Cereal

You don't have to be a kid to enjoy a bowl of kids cereal.



## Better Chips

Terra Chips or Hippeas make a great flavorful indulgent snack when you need some crunch



## Chips & Salsa

Choose your favorite tortilla chips and salsa. Look for brands with fewer ingredients for a more natural snack



## Cinnamon Roll

Very indulgent treat for every once in a while - Annie's Cinnamon Roll

*\*This brand ingredients list no milk, but package says "May Contain Milk" use your discretion*



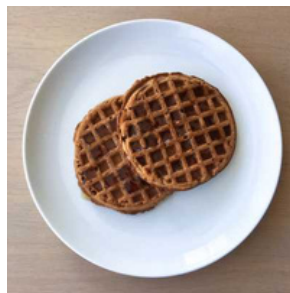
## Frozen Banana w PB & Choc

Slice banana & dollop with peanut butter. Drizzle with melted chocolate and freeze for 1 hour



## Non-Dairy Ice Cream or Sorbet

Indulge in your favorite brand, Haagen-Daz or Ben & Jerry's has many wonderful options



## Waffle & Topping

Choose a v-waffle or pancake and top with syrup or peanut butter

*\*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**  
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