

60+ Best Gluten-Free and Dairy-Free Snacks

By Carrie Forrest, MPH in Nutrition



With eating a [gluten-free and dairy-free diet](#) can feel restrictive, this list should make you feel like you have more ideas to choose from. If you try and focus on real food ingredients and seasonal produce, then you really do have a lot of excellent choices.

It's also important to plan ahead so you never get too hungry and then have to reach for something that isn't good for you. If you want more snack ideas, then be sure to check out my post on the [best gluten-free travel snacks](#) and my entire recipe index of [clean eating snacks](#).

Now, let's get on to the healthy snack ideas!

1. Veggies and hummus

One of my favorite ways to get my veggies in is to keep cut carrots, celery, jicama, and bell pepper in the fridge at all times. Paired with homemade or prepared hummus, the veggies transform into a real treat.

When purchasing pre-made hummus, watch for added sugars as well as any allergens or cross-contamination that may need to be avoided. You can also make your own [healthy hummus](#) or get tips on building an epic [Hummus Vegetable Platter](#).



2. Celery with peanut butter and raisins (aka "ants on a log")

Celery with peanut butter and raisins is a great snack for kids to make for themselves! If you have really picky eaters at home, you can pull off the tough outer strings of the celery.

Other than that, this healthy snack is as simple as slathering nut butter on celery sticks and placing raisins on top. The sweet raisins paired with nut butter and naturally salty celery is a super satisfying snack.

3. Banana chips (Dehydrated Banana Slices)

Banana chips are nature's candy! The natural sugars in bananas get concentrated when the fruit is dried. Look for brands like [Bare](#) that don't add sugar. Read the label and make sure the only ingredient is banana.

You can also make your own [homemade banana chips](#) for a budget-friendly option. See more of my tips for [eating clean on a budget](#).





4. Energy Bites

Energy bites are just no-bake cookies made with dates, nuts or seeds, and coconut oil. They are so yummy and easy to make with a [food processor](#).

Customize your homemade energy bites with cinnamon and type of nuts to try different flavors. Check out my recipes for [Pumpkin Spice Energy Balls](#) or [Double Chocolate Almond Butter Energy Balls](#).

5. Carrot sticks and nut butter

Serving carrots sticks with nut or seed butter is a super simple healthy snack. Just be sure to read the labels on your packaged nut butters to make sure there aren't any added sugars.

Feel free to buy the baby carrots at the store that are already peeled and chopped into small sizes perfect for little hands (always be sure to watch out for choking hazards, though, depending on how old your children are).



6. Frozen banana "ice cream"

Frozen banana ice cream is as simple as putting frozen bananas into a food processor.

To prep for this recipe, freeze ripe bananas in slices on a parchment lined baking sheet then put them in the food processor and pulse until smooth. See more tips on [how to freeze bananas](#). You can also swirl in some nut butter or unsweetened cocoa powder. See my recipe for [Peanut Butter Banana Ice Cream](#).

7. Apple slices plain or with nut butter

Try different apple varieties to see what your family likes best as far as texture and sweetness. I like to use sweet red apples such as Fujis or Honeycrisp. You can also slice fresh apples into circles as "chips" rather than the usual wedges.

Apples are terrific paired with almond butter, sunflower seed butter, pumpkin seed butter, and peanut butter.





8. Handful of nuts or seeds

Nuts are full of healthy fats and are very satiating, but can add a lot of calories quickly if that's a concern. So, keep an eye on serving sizes (about a handful is good).

9. Canned tuna

Look for wild or [sustainably-caught canned tuna](#) or [packaged tuna](#). You can whip up a quick tuna salad with any dairy-free mayo and serve on your favorite gluten-free crackers.



Canned tuna is naturally gluten-free, high in protein, and full of healthy omega-3 fats.



10. Dried mango

If you have a sweet tooth like me, you've got to try [dried mango](#)! It is chewy and tastes like candy. Look for organic brands with no added sugars.

11. Jicama slices and guacamole

Jicama has a texture similar to apple but with a neutral flavor. It's very easy to slice. Serve with guacamole for a Mexican-inspired treat. I also use jicama in my [fruit kabobs](#)!



12. Hard-boiled eggs

I love to make [2-minute Instant Pot eggs](#). You can even peel them as soon as they are done cooking so that you can easily grab and eat. Just sprinkle on some salt or [everything bagel seasoning](#).

Cooked eggs will keep in the refrigerator at least a week.

13. Roasted chickpeas

If you are looking for a crunch, these [Garlic Roasted Chickpeas](#) fit the bill. It's very easy to make savory or sweet options. Grab your favorites like ranch or taco, or use some coconut sugar and cinnamon.

You can also make [Air Fryer Chickpeas](#) if you don't want to heat up your kitchen oven.





14. Gluten-free crackers and salsa

Keep boxes of gluten-free crackers on hand for days you are in a hurry or just want to munch. Brands like [Mary's Gone Crackers](#) or [Simple Mills](#) have great gluten-free options.

For an even more satisfying snack, add some fresh homemade or prepared salsa to go with the crackers.

15. Homemade energy bars or Larabars

[Homemade energy bars](#) or [Larabars](#) are perfect to pack in lunches. I think they are easier to hold onto and eat than the energy balls. The flavor options are endless.

16. Chopped apple sprinkled with cinnamon

Chopped apples with cinnamon is a tasty treat. Adults can use a fork, but some kids may be intrigued by presenting familiar foods in new ways and be excited to pick up small bites.

The cinnamon makes this healthy treat reminiscent of a baked apple dessert. And, as a bonus, [cinnamon helps keep blood sugar stable](#).



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17. Freeze-dried berries

Freeze dried fruits are great for any ages. These have more of a “melt in your mouth” feel as opposed to dehydrated fruits that can sometimes be chewy. I like to buy freeze-dried fruits online (my favorite is [organic strawberries](#)).

Be sure to read the ingredients label to make sure the package is 100% fruit with no added sugars.



18. Olives

Olive are another savory snack option! Perfect with crackers or great on their own. Try different varieties until you hit on one you like. I love these [organic olives](#) that are in packets so they are convenient to throw in a backpack or purse.

19. Cantaloupe

Melon is so refreshing from the fridge. Pre-cut it so you are more likely to eat it! When a craving hits, you don't want to have to get out the cutting board.

Store your cut melon with some plastic wrap on in a covered container in the refrigerator and it will be good for up to several days.



20. Chia pudding

Chia pudding is a snack needs to be prepared ahead, but that means you'll be patting yourself on the back for handling meal prep. The texture may take some getting used to, but keep trying new flavors.

Check out my recipes for [Chocolate Strawberry Chia Pudding](#), [Peanut Butter Chia Pudding](#), and [Vanilla Bean Chia Pudding](#).

21. Paleo gummies

If you're on a paleo or real food diet, you've got to check out my recipe for [healthy gummy bears](#) made using clean ingredients like grass-fed gelatin. Gelatin comes from animals but it has gut-healing properties and can also help benefit joints and skin. Not to mention, but gummies are fun to eat and yummy too.

If you prefer to go plant-based, try my [Vegan Gummies](#).



22. Coconut yogurt with berries

Coconut yogurt is my favorite dairy-free option and tastes like the real thing. You can also try cashew yogurt, soy yogurt, and almond milk yogurts. Just check the sugar content on the ingredients label of any brand you buy. Plain or unsweetened will be your best bet for avoiding too much sugar, and then you can add berries to taste.

23. Sweet potato chips

[Sweet potato chips](#) are another great store-bought option to keep on hand. Watch what oil is used in the frying so you can stick with healthier options. The only other ingredient should be sea salt!

My favorite option is to make sweet potato chips at home. That way, you get to control the type of oil you use to make them. Just slice them thinly, toss them with coconut oil or avocado oil, and bake on a baking sheet at 400 degrees F for 35-40 minutes. You can also [toast sweet potato slices](#) in the toaster oven!





24. Trail mix

Trail mix has something for everyone. You can find allergy-friendly options from [Enjoy Life](#) or mix up your own. The nuts and seeds keep it healthy and then you get a touch of sweetness from any chocolate you might add.

25. Dark chocolate

[Dark chocolate](#) contains antioxidants and can easily be part of a healthy lifestyle. Make your own dark chocolate candies or buy a bar of 70-80% dark chocolate to keep on hand. Look for dairy-free brands like [Green & Black](#).



26. Turkey muffins

Turkey is a lean protein when you use the white meat, and because it has a milder flavor than beef, you can add your favorite flavor profiles. Make a batch of [Turkey Meatloaf Muffins](#) for dinner and then snack on the leftovers the next day.

27. Cucumber slices

Make your cucumber fancy by peeling the outside in stripes. Then slice into cucumber “chips” and you are ready to go! They are cool and refreshing and easily replace crackers with your favorite toppings including tuna salad or guacamole.



28. Pistachios

Nuts are very satisfying due to their fat content. Watch for excess salt or oil-fried options though. Finding already shelled brands is often worth the convenience, too!

29. Dried cranberries

It is harder to find unsweetened cranberries compared to raisins, due to their naturally sour taste. They are worth searching out though, to add to your homemade trail mix or to snack on by themselves. I like the [Eden Foods](#) brand of cranberries that are sweetened with apple juice.



30. Smoked salmon

Smoked salmon is a tasty food that is a great protein source. Serve it with crackers or as a healthy wrap filled with dairy-free cream cheese. If you’re watching your sugar intake, look for brands that are made without any added sugars.

31. Green smoothie

Smoothies don't need dairy to be creamy. Even kids don't balk at "hidden" greens when they have a refreshing smoothie in front of them. See my whole article about the [health benefits of green smoothies](#) and my recipe for a [simple green smoothie](#).



If your kids or other picky eaters in the house don't like the green color, simply add a tablespoon or two of cocoa powder to add a chocolate flavor and to help mask the green color.



32. Salami and bell pepper slices

Organic, uncured meats are perfect for quick protein. Salami is big enough to wrap around crisp pepper slices for a super easy snack that is very flavorful and healthy too.

33. Turkey slices

There's nothing wrong with having healthy lunch meats in your fridge. Just read the labels to make sure whatever brand you buy is gluten-free. Turkey slices are great by itself or can be wrapped up with a crisp lettuce leaf with a dab of mustard or mayo.



34. Dates stuffed with nut butter

Dates are really indulgent on their own, but adding a dab of nut butter inside makes for a real treat! This can also be an excellent healthy dessert. Make a few ahead of time and store them in a covered container in the refrigerator.

35. Beef jerky

Jerky is a great snack to have tucked in your desk drawer or purse. Since it doesn't need refrigeration it's a great one to pack for road trips, too. See all my favorite [gluten-free snacks for travel](#).



36. Cherries

Fresh cherries can be a little bit messy but there's nothing better than grabbing them at the start of the season! I like to wash a bag of sweet fresh cherries and keep them in a zip-top bag in my fridge.

37. Cashews

Cashews have a really smooth texture which makes them perfect for snacking. Look for organic roasted varieties with a little bit of sea salt.

38. Homemade hot chocolate

It doesn't have to be winter out to enjoy a mug of hot cocoa. A warm drink is perfectly paired for curling up with a good book. See my recipe for [Healthy Hot Chocolate](#) with no added sugars and no dairy.



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39. Frozen grapes

Grapes are great frozen! They are so refreshing on a hot summer day, and there's no need to thaw. This one is great because you can freeze them at their peak and not worry about them going bad. See [how to make frozen grapes](#).



40. Bean dip with baby carrots

Bean dip is the perfect party food or snack food. You can have this savory and plant-based treat with some chips, or you can get in even more veggies this way. This this [simple bean dip recipe](#) made without dairy.

41. Banana

Whether you like it plain or not, a banana is really healthy. Try it with nut butter and raisins if you're feeling fancy.



42. Edamame

Unprocessed soy is a great source of protein (see the [reasons to avoid processed soy](#)). You can even find these in their shells in the freezer section at the store. Simply steam and pop them out to eat! Kids can have a lot of fun with these.

43. Gluten-free toast with avocado

Being gluten-free doesn't mean missing out on the avocado toast trend. Select your favorite gluten-free toast, grab a ripe avocado, and get mashing.



44. Vegetable soup

If you're really hungry or trying to increase your vegetable intake, keep a batch of homemade vegetable soup on hand. For super easy recipe options, try my [Instant Pot Vegetable Stew with Potatoes](#) or my [Instant Pot Vegan Stew with Chickpeas](#).

45. Bone broth

Bone broth is extra nourishing. If you haven't tried, warm it up in a mug for sipping on a cold day. This is especially great when you are feeling a bit under the weather.

46. Smoothie popsicles

If you have leftover breakfast smoothie like my [Strawberry Blueberry Smoothie](#) or my [Avocado Chocolate Smoothie](#), pour it into [popsicle molds](#). These are the perfect treat for kids since you can trust the ingredients.



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47. Gluten-free oatmeal

Not just for breakfast, [oatmeal](#) can be a filling snack when you have a long time between meals. Add some chopped nuts or coconut oil for healthy fats. If you're truly strapped for time, keep some [gluten-free instant oatmeal](#) on hand.

48. Fruit leather

You can either pick up a [clean brand of fruit leather](#) at the store (just fruit!) or make your own in a dehydrator.



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49. Brown rice cake

Don't think of rice cakes as bland diet food – [brown rice cakes](#) are the perfect vessel for nut butters! You can even make a fun treat by adding mini chocolate chips.



50. Popcorn

To make homemade popcorn, grab an [air popper](#) or your Dutch oven and get popping! It tastes great plain but you can always add some coconut oil and salt for a true movie treat.

51. Fruit salad

Fruit salad is another great way to make sure you are eating a rainbow. It seems like a little extra work up front, but then you have a large bowl of health in the fridge ready to go. Stick with what's in season for the best results. Try my recipe for [Fruit Salad with Toasted Coconut](#) if you want an actual recipe.



52. Coconut butter

Also known as [coconut manna](#), this is much different than coconut oil. It's thick and creamy so either sneak some on a spoon or drizzle it over a banana or oatmeal.

If you're never had coconut butter, you've got to try it. It's a whole food, made by just blending coconut flesh until it's thick and creamy. It tastes sweet, but has no added sugars.

53. Applesauce

Applesauce is another easy way to get some fiber-filled fruit in. Nowadays there are a lot of unsweetened brands on the market or you can quickly make some in the [Instant Pot](#) or [slow cooker](#).



54. Grapefruit

I recently read about cutting a grapefruit "supreme" which makes so much sense. Once you get rid of the tough pith you are left with beautiful grapefruit sections. They can easily garnish your fruit salad or can just be eaten as a delicious snack.

55. Orange

Orange are super portable, you can eat the sections on the go. Or you can slice in rounds or supremes for a quick snack or to add to green salad.



56. Peach or nectarine

Make sure you try these on the grill in summer when they are in season and perfectly ripe! They are sweet out of hand but you can also add a touch of coconut sugar on the grill to let them caramelize.

Otherwise, just keep your peaches and nectarines on the countertop until ripe and then refrigerate them when soft until you're ready for a super tasty snack.

57. Sunflower seeds

Sunflower seeds are another great savory option when you are craving a handful of something to munch on. You could easily toss on some coconut oil and seasoning to get a different flavor profile.



58. Pumpkin seeds

Don't throw out the seeds when you carve pumpkins! It's very easy to roast them up and again, try your homemade ranch seasoning or even go with cinnamon.

Or, you can easily buy [sprouted pumpkin seeds](#). And, don't miss my recipe for [Homemade Pumpkin Seed Milk](#).

59. Grape tomatoes

The name alone implies how pop-pable grape tomatoes are. Grape and cherry tomatoes are very sweet on hot summer days.

Tomatoes are best kept on the countertop, but you can pre-wash them and refrigerate them if you want to have them ready in an instant.



60. Protein shake

Protein shakes are especially great after a workout. Use your favorite [clean protein powder](#) and add it to the blender with ice or frozen fruit and your favorite plant milk (see my list of the [best homemade dairy-free milks](#)).

If you need inspiration for different fruit combinations for your smoothie, check out my index of [dairy-free smoothies](#).

61. Healthy Jello

Skip the boxed jello brands that are full of artificial colors and flavors and make your own instead! The recipe for [homemade jello](#) is soooo simple: just gelatin, honey, and fruit juice.



62. Vegan Gummy Snacks

If you don't want to use gelatin to make gummy snacks, I've got you covered. You can use agar powder (made from seaweed) to make delicious [homemade vegan gummies](#).

Use a variety of molds to make fun shapes that kiddos love.

63. Fruit Kabobs

Fruit kabobs are essentially just pieces of fresh fruit cut into bite-sized pieces and strung onto a [bamboo skewer](#) or [stainless steel skewer](#). Adjust the fruits you choose based on the season. For summertime, try my [4th of July Fruit Kabobs](#).



64. Vegetable Juice

Don't just consider vegetable juice as a morning beverage! Homemade veggie juices are full of nutrients and can be very refreshing and satisfying. Consider my recipes for [Celery Juice](#), [Beet Juice](#), and [Carrot Juice](#). Or, check out my round-up of the [Best Juicing Recipes for Beginners](#).

Conclusions

When it comes to planning healthy snacks, feel free to get creative! While a snack can be as simple as meal leftovers, you can also choose any of these easy ideas to help satisfy your hunger and fuel your activities.

There are also many great options at the store if you take the time to read ingredients. Cooking at home is so much fun, but sometimes it is easier to have a few packaged options on hand when hunger strikes or when heading out the door.

The Author



Carrie Forrest, MBA, MPH is the creator of the popular food blog, [Clean Eating Kitchen](#). Her website reaches hundreds of thousands of people a month and is focused on sharing healthy gluten-free and dairy-free recipes, along with well-researched holistic health information.

She holds master's degrees in public health (nutrition) from the University of Massachusetts, Amherst, and in business administration from the University of Southern California, and has a professional background in non-profit hospital development. Carrie's main passion is nutrition and wellness. She uses a real food diet, balanced lifestyle, and LDN to help manage her autoimmune disease, PCOS, and migraines. Carrie is also a survivor of thyroid cancer since 2012. Many of Carrie's followers are women who are also recovering from chronic illness. Carrie lives with her husband and two rescue cats on

California's beautiful Central Coast. She is an accomplished pianist and an aspiring violinist, but also enjoys spending her spare time hiking and visiting local farmers' markets.