

## GLUTEN FREE (GF) SNACKING AT HOME AND ON THE GO

Children typically have small stomachs and may need to eat more frequently than adults to stay well fueled. Navigating gluten free snacking can be challenging as many snacks contain gluten or are highly processed providing your child with little nutrition. Find simple and nutrient dense snack ideas and tips listed below.

### SNACK IDEAS\*

- 1) Apple or banana with 1-2 tablespoons of peanut butter/nut butter/seed butter or greek yogurt dip
- 2) Raw veggie sticks with 2-4 tablespoons hummus (Sabra® is GF)
- 3) Plain Yogurt or cottage cheese topped with fruit
- 4) 8-10 Rice crackers with string cheese or with 1-2 tablespoons of peanut butter/nut butter/seed butter
- 5) 10-15 Corn or bean based tortilla chips with ¼ cup salsa or guacamole
- 6) Unsweetened applesauce
- 7) Veggie straws
- 8) A Few Prepackaged Snack Ideas (Not all gluten free snacks are created equal. See shopping tips below)
  - ❖ KIND® Bars
  - ❖ Larabar® (high in sugar, however source of sugar is dried fruits)
  - ❖ Oatmega Bars®
  - ❖ Garden Lites® (Muffins that are gluten, dairy, and nut free)
  - ❖ Yoplait Plenti® (Greek yogurt premixed with GF oats, pumpkin, and flaxseed)
  - ❖ Stonyfield® Yogurts and Smoothies
  - ❖ Glutino® GF pretzels
  - ❖ Blue-Diamond Nut Thins®
  - ❖ CrunchMaster Crackers®
  - ❖ Mary's Gone Crackers®
- 9) Make your own (recipes below):
  - ❖ Roasted chickpeas
  - ❖ Overnight oatmeal
  - ❖ Stovetop popcorn
  - ❖ Homemade bread: prepare with coconut flour, almond flour, brown rice flour
  - ❖ Trail mix: unflavored nuts, seeds, GF pretzels or GF cereal, dried fruit (check label as some dried fruits are dusted with flour)

\*Please continue to read food labels with all products to check for gluten free foods. Ask your dietitian if you would like further assistance with label reading.

## SHOP SMART

When shopping for prepackaged foods, keep your child feeling full and well fueled by choosing snacks that are:

- ❖ Higher in Fiber: > 3 grams per serving
  - Look for ingredients like: *brown rice flour, quinoa, rice bran, nut flour, gluten free oats, millet, amaranth, buckwheat, chia, flax, nuts, seeds, dried or dehydrated fruit, coconut flakes*
- ❖ Lower in Processed Sugar: < 12 grams sugar per serving
  - Look for natural sugars: *dates, raisins, dried cranberries, mulberries, goji berries.*

The following ingredients are more processed and have less fiber: tapioca starch, potato starch, cornstarch, white rice flour

**Does your child have multiple food allergies and dietary restrictions? Enjoy Life Foods® offers a variety of hypoallergenic food products.**

## TIPS

- 1) Take the guesswork out of gluten free by making meals/foods from scratch when possible. When unable to prepare foods from scratch, look for gluten free substitutes of your child's typical gluten containing foods.
- 2) Make items that can be frozen and thawed for quick, on the go snacks/meals.
- 3) Stock up on Tupperware to take homemade foods for lunch and snacks.
- 4) Buy your favorite gluten free products in bulk online:
  - ~Gluten Free Mall: <http://www.glutenfreemall.com/catalog/>  
Free shipping for shelf stable items. \$10 shipping for frozen items shipped on dry ice from warehouse in Pennsylvania.
  - ~Thrive Market, Gluten Free Section: <https://thrivemarket.com/gluten-free>  
Offers 25-50% off retail prices, mostly organic or "natural" products. There is a 30 day free trial, then a \$60 per year (\$5 per month) membership fee.
- 5) Looking for an online source of information? Try the Celiac Support Association Website <http://www.csaceliacs.org>

## RECIPES

### **ROASTED CHICKPEAS**

#### Ingredients:

1-15 ounce can chickpeas

2 tablespoons olive oil or other vegetable oil of your choice (canola, avocado, sesame, etc)

2-4 teaspoons spice or herbs as desired (garlic, cumin, chili powder, paprika, cinnamon, rosemary, thyme, oregano, etc)

Can also season with cinnamon, honey, and coconut oil for a sweet treat

#### Directions:

1. Preheat oven to 400°F.
2. Rinse and drain the chickpeas. Blot dry with paper towel. Toss with oil and other desired seasonings. Spread evenly on baking sheet.
3. Bake for 20-30 minutes, shake pan every 10-15 minutes for even roasting.

### **OVERNIGHT OATS**

#### Ingredients:

½ cup certified GF oats

½ cup milk or milk substitute (almond/soy/coconut)

1 teaspoon maple syrup or honey

Additional toppings of choice: yogurt, fruit, nuts, nut butters, etc

Pinch of cinnamon

#### Directions:

Combine ingredients in airtight container. Store overnight in the refrigerator, best eaten the next day.

## HOME MADE POPCORN

### Ingredients:

3 Tablespoons coconut, canola, peanut, or avocado oil or butter

1/2 cup popcorn kernels

### Directions:

1. Heat the oil in a 3 quart sauce pan on medium high heat.
2. Add 3 kernels to the oil and cover. When the 3 kernels pop, add the rest of the popcorn kernels in an even layer. Cover, remove pot from heat, and count to 30.
3. Add the pot back to the heat. When popping begins, occasionally shake the pot over the burner. When popping slows (about 2 minutes), uncover the pot and remove from heat to serve.

## NO BAKE PEANUT BUTTER COCONUT BITES

### Ingredients:

3/4 cup unsweetened shredded dried coconut

3/4 cup gluten-free rolled oats

1/4 cup ground flaxseed

1/4 cup peanuts (chopped, or other gluten-free add-ins, chocolate chips, raisins, etc.)

3/4 cup peanut butter (or almond butter, sesame butter, cashew butter)

1/4 cup pure maple syrup

### Directions:

1. In a large bowl, combine dry ingredients (coconut, oats, flaxseed, peanuts).
2. In a medium bowl, whisk together wet ingredients (peanut butter and maple syrup).
3. Pour wet mixture over dry mixture. Using a sturdy spatula, fold together until well incorporated.
4. Scoop mixture into your hands and roll into bites; about 1 – 1 ½ tablespoons per scoop. If the mixture is too dry, add in a bit more maple syrup and peanut butter.

## **COCONUT FLOUR BANANA BREAD**

### Ingredients

- 4 large eggs, lightly beaten
- 4 ripe bananas, mashed (2 cups)
- 3 tablespoons pure maple syrup
- 2 teaspoons vanilla extract
- ½ cup coconut flour
- 1/2 teaspoon sea salt
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda

### Directions

1. Preheat the oven to 375 degrees F. Lightly oil an 8" x 5" loaf pan.
2. In a mixing bowl, combine the mashed banana, beaten eggs, maple syrup and vanilla extract (wet mixture).
3. In a separate bowl, stir together the coconut flour, salt, cinnamon, baking powder, and baking soda (dry mixture).
4. Pour the dry mixture into the bowl with the wet mixture and stir until combined. Allow batter to sit for 5 minutes before pouring it into the prepared loaf pan. Bake on the center rack in the oven for 45 to 55 minutes, until loaf tests clean (mine was in the oven for 47 minutes on the dot).
5. Remove bread from the oven and allow it to sit for 30 minutes before turning it out onto a cutting board. Cut thick slices.