

Healthy Swaps to Satisfy Any Craving

IF YOU'RE CRAVING...	TRY THIS
BREAD/ CARBS	<p>TO MAKE:</p> <ul style="list-style-type: none">Avocado Sweet Potato Toast50/50 Mashed PotatoesZucchini Citrus BreadCitrus Zest Olive Oil BreadLemon Poppy Seed BreadSweet Potato Muffins <p>TO BUY:</p> <ul style="list-style-type: none">Cauliflower pizza crustCauliflower gnocchiGluten-free pasta
CHIPS/ CRACKERS	<p>TO MAKE:</p> <ul style="list-style-type: none">Spicy Plantain ChipsSpicy Sweet Potato ChipsSalt + Vinegar Roasted Chickpeas <p>TO BUY:</p> <ul style="list-style-type: none">Mixed nutsGrain-free or organic corn tortilla chipsGluten-free crackers
CHEESE/ DIP	<p>TO MAKE:</p> <ul style="list-style-type: none">“Cheesy” Black Bean DipSundried Tomato DipSpicy Sweet Curry Hummus <p>TO BUY:</p> <ul style="list-style-type: none">Hummus/ Bitchin’ SauceCashew cheeseNutritional yeast (to sprinkle on top or mix in to eggs, pasta, etc.)

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(continued)

IF YOU'RE CRAVING...	TRY THIS
COOKIES	<p>TO MAKE:</p> <ul style="list-style-type: none">Salted Peanut Butter Pretzel Chocolate Chip CookiesDouble Chocolate Tahini CookiesSalted Cashew Butter CookiesChickpea Collagen Cookie Dough Bites <p>TO BUY:</p> <ul style="list-style-type: none">LarabarJustin's Dark Chocolate Peanut Butter CupSimple Mills cookies
ICE CREAM	<p>TO MAKE:</p> <ul style="list-style-type: none">Feather-Light Chocolate MousseCoconut Whipped CreamBanana N'Ice CreamChia Pudding <p>TO BUY:</p> <ul style="list-style-type: none">Arctic ZeroHalo Top
SOMETHING SWEET	<p>TO MAKE:</p> <ul style="list-style-type: none">SmoothieChocolate Hazelnut Fat Balls <p>TO BUY:</p> <ul style="list-style-type: none">Dried fruitFresh fruitSmart Sweets