

20 Sugar-Free Evening Snack Recipes

1. Roasted Chickpeas

Roast boiled chickpeas with olive oil, salt, and spices at 200°C for 25 minutes.

2. Sprouts Salad

Mix boiled sprouts, cucumber, tomato, lemon juice, and black salt.

3. Peanut Chaat

Combine roasted peanuts, onion, tomato, coriander, and lemon juice.

4. Vegetable Oats Upma

Cook oats with mustard seeds, curry leaves, and mixed vegetables.

5. Moong Dal Cheela

Blend soaked moong dal, add spices, and cook like a pancake.

6. Paneer Cubes

Grill paneer cubes with pepper, salt, and herbs.

7. Boiled Corn Bowl

Mix boiled corn with butter, chili flakes, and lemon juice.

8. Cucumber Sandwich (No Sugar Bread)

Use whole wheat bread with cucumber, mint chutney, and pepper.

9. Egg Muffins

Bake whisked eggs with vegetables in muffin molds.

10. Greek Yogurt Bowl

Add nuts and seeds to unsweetened Greek yogurt.

11. Roasted Makhanas

Dry roast fox nuts with ghee and black pepper.

12. Avocado Toast

Spread mashed avocado on whole grain toast with salt and chili flakes.

13. Almond & Walnut Mix

Mix raw almonds and walnuts for a quick snack.

14. Vegetable Soup

Boil mixed vegetables with garlic, pepper, and herbs.

15. Besan Chilla

Prepare gram flour batter with spices and cook on a pan.

16. Tofu Stir Fry

Stir fry tofu with capsicum, soy sauce (sugar-free), and garlic.

17. Chia Pudding

Soak chia seeds overnight in unsweetened almond milk.

18. Apple & Peanut Butter

Slice apple and serve with natural peanut butter (no added sugar).

19. Sweet Potato Chaat

Boil sweet potato cubes and mix with lemon, salt, and chaat masala.

20. Protein Smoothie

Blend unsweetened milk, peanut butter, cocoa powder, and ice.