

25 Best Low Oxalate Snacks

1. Macadamia Nuts

[This brand](#) is the only one I've tried that's fresh, not rancid. Macadamia nuts make the best snack. And they're the healthiest nut on the planet with the most Vitamin B1 of any food (= energy!) and the best fatty acid profile = a great anti-inflammatory food.

2. Hummus: Lettuce leaves or cucumber slices with hummus

A low to medium oxalate option, don't avoid foods like hummus. Full of protein, fiber and Vitamin B1, hummus is a great nutritious staple. You don't need a lot of this perfect condiment to do the trick, so it's a great condiment in moderate amounts. I enjoy hummus daily.

Find the best [Hummus Recipe here](#).

3. Medium oxalate bread

I choose [Homemade Low Oxalate Bread](#) or Izzio brand sourdough. Add pecan butter, and optional sweetener (like [apple butter](#)) for a real treat.

My favorite snack topping for bread is pecan butter, [this one](#). Use 1 tablespoon.

4. Fresh fruits

Choose from: strawberries, blueberries, cherries, dates, figs, fresh pineapple, peaches, pears, plums, grapes, mango, melon or banana.

The healthiest of these fruits are: peeled apples, grapes and bananas. They are the lowest in toxins and the highest in nutrients and/or fiber.

5. Rice cakes

Topping ideas include:

- Use 1 tablespoon [Sunbutter](#) or [pumpkin seed butter](#). Or, I love making homemade Macadamia Nut Butter best, from [these macadamia nuts](#). I just put them in my [high-powered spice grinder](#), for a quick small batch, whenever I want some.
- ricotta cheese

6. Cookies: [Oatmeal Cookies with Raisins](#) or Macadamia Nut Cookies (recipe coming soon!)

Our family loves these recipes. For the Oatmeal Cookie recipe, use the psyllium option (instead of the seeds).

7. Applesauce, raw apple, or [Apple Salad](#)

8. Easy proteins

Boiled or scrambled egg or egg white, canned tuna, natural deli meat (such as Niman Ranch or Applegate Farm brands). Enjoy with lettuce or low oxalate bread/cracker.

9. Leftovers from dinner recipes you've made.

If you haven't made them yet, try these Low and Medium Oxalate main dish recipes:

- [Turkey, Apples and Onions Hash](#), [Ginger-Chicken Soup](#), [Ground Beef & Carrots](#), [Mexican Stew](#), [Meal Prep Sheet Pan Chicken Thighs](#), [Split Pea Soup with Chicken](#), [Honey-Ginger Chicken](#) (with the maple syrup option for lower oxalate)

10. Organic Crispy Rice Cereal, with low oxalate milk of choice (such as: rice and oat, or [Homemade Macadamia Nut](#))

We eat [this brand](#) and enjoy it daily.

11. Briefly Soaked Oats (20 minutes works great) **or Overnight Oats**

Make using 1/2 dry rolled oats. This is a personal staple for me. I eat oats daily and love them for so many benefits.

Also try [Drinkable Oats](#), which I make daily for breakfast during the school year when I'm carpooling. It's a great grab and go breakfast or snack.

12. [Chestnuts](#)

If you haven't enjoyed these yet, they're great to keep in your purse/car, like [beef jerky](#) (when you need protein), for when you really need a carb.

13. Yogurt

Select or make plain and/or low-fat yogurt. Top with fresh low oxalate fruit: strawberries, blueberries, peaches or banana. I personally really love and prefer [Homemade Oat Milk Yogurt](#).

14. Masa Waffles

This [Masa Waffles](#) recipe is excellent, and it's one I sometimes make daily. Keep extra batter in the fridge, to make a fresh waffle whenever you need one.

15. Muffins and Quick Breads

Choose from:

- [Cappuccino Chocolate Chip](#) (see Low Oxalate version which is how I make them.)
- [Coconut Flour Apple Bread](#) (omit the spices)
- [Best Zucchini Bread](#) (use coconut sugar option, don't use the optional chocolate chips, and omit the cinnamon)
- [Basic Coconut Flour Bread Loaf](#) (use maple syrup option to sweeten)

16. Low Oxalate Smoothie

I love this [Oatmeal Banana Berry Smoothie](#) recipe.

17. Lettuce wrap sandwich

This is a favorite fast lunch for me. Just take a romaine lettuce leaf, and wrap around favorite deli meat or leftover meat (such as chicken from leftover roasted chicken). Add [hummus](#) if you like. Quick and good.

18. Banana Oat Pancakes

Use [this recipe](#), but sub the almond milk for your favorite Low Oxalate milk.

19. Quick fried rice

You don't need a recipe for this. Leftover rice makes great fried rice.

Just add olive oil to a hot pan. Add one beaten egg, or egg white, as preferred, and scramble. Set aside. Add one serving rice, a few low ox chopped veggies (peas, mushrooms, white corn or diced onions) and/or meat, and cook through, stirring (with a little more oil if needed); return egg to pan to heat through. Add sea salt and coconut aminos to taste.

This is a snack-meal, when you need all your macro-nutrients.

20. [Beef & Apple Breakfast Sausages](#)

Make up a batch, and then refrigerate. Enjoy leftovers cold or reheated for a quick nutritious snack.

21. Applegate Farms Hotdog, or similar natural brand

Cook up a hot dog in the microwave, in a small saucepan with a bit of water, or fry over lower heat in a skillet.

22. Simple [Lentil Soup with Bacon](#) can be re-heated for a great snack.

Use red lentils for lower oxalate.

23. Popcorn

Make your own with olive oil, or look for a brand like [this one](#), which is prepared with only olive oil and sea salt.

24. Tapioca Floats or pudding

Make [Tapioca Floats using this recipe](#). Choose pour-overs like milk + maple syrup, or compliant teas ([listed here](#)) or decaf coffee.

25. Corn tortilla with optional fillings

Choose organic white or blue corn tortillas for the best low toxin option. Fill with ground meat, kidney beans, lettuce, or whatever you have on hand.

Heating up the tortilla briefly in a pan will bring it to life. I use half a teaspoon oil to fry the tortilla.

Write more ideas here: