

SNACKS



Snacks are part of our everyday day eating as they help to keep energy levels up and the hunger pains at bay. Snacks should be based around the **Four Food Groups**

Vegetables and Fruit – give us vitamins and minerals to help us GLOW

- Carrot/cucumber sticks or chunks of capsicum – enjoy with hummus or cottage cheese as a dip
- Left over roast vegetables
- Fresh, canned (in juice), frozen or a small handful of dried fruit

Grain Foods – give us good energy to help us GO

- Grainy crackers with a topping like peanut butter or cheese
- Plain popcorn
- Homemade mini fruit muffin
- Wholemeal/grainy bread ½ sandwich
- Plain pikelets

Milk and Milk Products – give our bodies calcium to help us GROW strong bones and teeth

- Cheese or cottage cheese with grainy crackers
- A pottle of yoghurt
- A glass of reduced or low-fat milk
- Combine reduced or low-fat milk or yoghurt with fruit for a smoothie snack

Meat & Meat Alternatives – give our bodies protein to help us GROW and build and repair strong muscles

- Handful of nuts
- Hardboiled egg
- Can of tuna – enjoy on some crackers

Remember, snacks are mini meals to get us through to the next main meal, so portion control is important!

Snacks and treats are different! Treats tend to be high in fat, sugar and salt and don't have any goodness for our bodies.

Snack Recipes



Fritters

These could be made for dinner then 1 or 2 of the leftover fritters enjoyed as a snack the next day or make a batch to have as snacks throughout the week.

- Carrot Fritters – in a bowl combine $\frac{3}{4}$ cup plain flour, 1tsp baking powder, 1 tin creamed corn, 1 large or 2 small eggs and salt and pepper to taste. Mix thoroughly. Heat 2 Tbsp oil (medium heat) and drop spoonful's of mixture into pan, cook until bubbles form or until golden then flip. These freeze well so can be put in the freezer, taken out in the morning and defrosted ready for a snack later in the day.
- Carrot Fritters <https://www.youtube.com/watch?v=-6FAndZyGKw>
- Fish Cakes <https://www.youtube.com/watch?v=8hPzeiXn1iM>
- Broccoli Bites <https://www.youtube.com/watch?v=OG0zQ3hUpG4>

Dips

Enjoy with vegetable sticks or grainy crackers.

- Hummus – in a blender/food processor combine 1 can of chickpeas (drained), 2Tbsp olive oil, the juice of 1 lemon and 1 clove of garlic. Water can be added to correct the consistency. To change the flavour try adding roasted vegetables, herbs like basil or mint, sun-dried tomatoes or spices like paprika.
- Guacamole <https://www.youtube.com/watch?v=Jnx0e2jFqMA>
- Carrot Dip <https://www.youtube.com/watch?v=fFUJXvUSQ8k>

Smoothies

Experiment with different combinations of reduced or low-fat milk or yoghurt, fresh, canned (in juice) or frozen fruits and vegetables (make sure they are in season to keep costs low) to give your smoothie a different taste.

Add a weet-bix or oats for extra energy to GO!

- Avocado smoothie <https://www.youtube.com/watch?v=OX9AVshVp7o>
- Projoe's Super Fruit Smoothie <https://www.youtube.com/watch?v=6NZ8MY2Ejfk>
- Feijoa Smoothie https://www.youtube.com/watch?v=TprdsG_ZR8c

Something Sweet

- Easy Pikelets – in a bowl sift 1 $\frac{1}{2}$ cup flour, 1 Tbsp baking powder and 1 pinch of salt. Then add 1 Tbsp of sugar to this mixture. In another bowl beat 1 large egg, 1 cup reduced or low fat milk and 1 Tbsp of melted butter. Make a well in the dry ingredients and add the liquid mixture. Without over-mixing, stir until combined, adding more milk if the mixture is too stiff. Heat a lightly buttered pan on medium heat. Drop spoonfuls of the mixture into the pan. When the pikelets bubble, turn over. Remove from pan and keep warm in a clean tea towel
- Peanut Butter Balls <https://www.youtube.com/watch?v=ZbTa-uonYuA>
- Spoke's Super Slice https://www.youtube.com/watch?v=f9YSAcyW_RY