



Food 1st

Quick & Healthy Snack Ideas

The trick with snacks is to find tasty ideas that also give you staying power. Lots of snacks are quick fixes - choose foods that are going to last you until the next meal. Start with some of these ideas and then add your own ingredients based on what you like...

Light Snacks

- Fresh or canned fruit with yoghurt
- Icecream
- Crackers with tomato / hummus / cheese/ canned tuna or salmon toppings
- Dips with vege sticks (raw or lightly cooked) crackers or corn thins
- Popcorn, potato crisps or pretzels
- Scroggin – mix your favourite cereal, nuts, dried fruit and chocolate
- Pikelets, English muffins or scones with chocolate spread or cream cheese and jam
- Cereal isn't just for breakfast it makes a great snack anytime!



Liquid Snacks

- A cup of soup, with crackers
- A smoothie made with milk, yoghurt and some fruit like frozen berries, banana or canned peaches.
 - Try a tablespoon of rolled oats for extra staying power or a teaspoon of instant pudding mix to thicken it up.
- Fruit frappe - blend a glass of ice with fruit and milk – swirl some whipped cream and grated chocolate on top.



Bread Based Snacks



- ❶ Peanut butter sandwich
- ❷ A couple of slices of toasted fruit bread with mashed banana
- ❸ Baked beans/creamed corn/ on a slice of toast with grated cheese
- ❹ Homemade pizza - use muffin splits or pita breads for a quick base, add vegetables, some meat and lots of cheese.
- ❺ Sandwich - try grainy bread spread with some cottage cheese, hummus or peanut butter - add some veges for crunch
- ❻ Toasted sandwiches
 - cream corn and spring onion,
 - baked beans & cheese,
 - cheese & mushroom or
 - cheese and ham
- ❼ For a sweet toasted sandwich - banana and chocolate hazelnut spread or apples and cinnamon
- ❽ Try a sweet wrap - a spread of jam, cottage or cream cheese and some fresh fruit all wrapped up in a flat bread



Handy Hints

- ❶ serve to appetite – remember large servings can be off putting
 - use side plates to serve meals and snacks
- ❷ cheese, dressings, chocolate, butter and cream are good ways of adding extra energy
- ❸ snack regularly – try something every hour to hour and a half
- ❹ small bowls of nuts, chips, chocolate or scroggin placed about the house can encourage grazing