



AFTERNOON SNACK ATTACK!

Grab a healthy afternoon snack!
Here are some great ideas to get you going!



WARM

- Grill a pizza muffin: split a wholemeal English muffin and toast it. Top with 1-2 teaspoons reduced salt tomato paste or pizza sauce, sliced shaved ham and a slice of reduced fat cheese; grill until golden and bubbly
- Make a baked bean toastie: fill two slices of wholemeal bread with a small can reduced salt baked beans: grill or toast in a sandwich press or jaffle iron
- Toast a wholemeal crumpet, top with a sliced banana and a drizzle of honey
- Top a slice of raisin toast with a smear of peanut butter
- A slice of wholegrain or rye toast topped with chopped fresh tomato with basil and a drizzle of olive oil or balsamic vinegar

COLD

- Make a banana hot dog. Spread a light layer of peanut butter onto mountain bread and top with a whole banana, roll up and slice into three pieces.
- Freeze portions of grapes, orange quarters and pineapple rings
- Serve up a small tuna, chicken or vegetarian sushi roll
- Top mini pikelets with ricotta and a small amount of strawberry jam
- Whiz up a fruit smoothie of low fat milk and yoghurt, frozen berries or banana with a squeeze of honey.
- Try some whole grain rice crackers with some tomato salsa dip



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FRUITY

- Snack on a punnet of fresh strawberries
- Slice up a whole fresh apple, squeeze over a little lemon juice to prevent it going brown
 - Enjoy 8 dried apple rings
- Have a tub of diced fruit in natural juice
- Make fruit skewers with a peanut butter dip: mix Greek yoghurt, peanut butter and a little honey into a smooth dip

CRUNCHY

- Get creative with veggie sticks: carrot, cucumber, celery, snow peas, beans, broccoli all make great dippers for some hummous, salsa or tzatsiki
- Mix up a variety of nuts and enjoy a handful (30g) with a few chocolate chips pieces
- Choose a high fibre cracker and top with some reduced fat cheese
- Air pop some corn and sprinkle with a little parmesan and some cracked pepper
- Spread a tin of flavoured tuna on some multigrain corn thins and top with chopped parsley and lemon juice

GRAB AND GO

- A squeezey tube of yoghurt
- Whole piece fresh fruit: choose seasonally to increase variety
- Slice of multigrain bread spread with avocado and a little vegemite
- Homemade muesli bar slice
- A small reduced fat milk drink

