

# Healthy Snack Recipe Book

Created by the children for the  
children!



Each recipe card contains...

**Cost per Portion**



**Ingredients**



**Method**



**Why it's a healthier  
option**



# Rainbow Crunchy Cracker Sandwich

**Cost: £1 for 4**

**Preparation Time:  
5 minutes**

**Ingredients:**

- Brown wraps
- Fruit of your choice
- Greek Yoghurt
- Honey if you like.

**Equipment:**

- Large cookie cutter
- Toaster
- Butter knife
- Spoon

## Method:

1. Cut wraps using cutter or knife
2. Toast in the toaster to make crispy
3. While in the toaster, wash and cut your fruit choice
4. Take wraps out of the toaster and lay fruit and yoghurt on top
5. Place another wrap on top to make a sandwich!

## Why it's a healthier option:

It's full of vitamins, fibre to keep you fuller for longer and added protein and calcium from the Greek yoghurt.



# Rocking Fruit Kebabs

**Cost: 50p for 1**

**Preparation Time:  
5 minutes**

**Ingredients:**

- Banana
- Grapes
- Apple
- Cheese Cubes

**Equipment:**

- Kebab sticks
- Knife
- Chopping board

## Method:

1. Chop up fruit and cheese into small pieces or cubes
2. Slide them onto the kebab stick in random order.
3. To make your kebab extra yummy, try putting the cheese next to the apple!

## Why it's a healthier option:

It's full of vitamins and minerals from the fruit.  
The cheese is good for your bones and teeth.



# Strawberry Rice Cake

**Cost: 50p for 1**

**Preparation Time:  
2 minutes**

**Ingredients:**

- Plain rice cakes
- Strawberries
- Greek Yoghurt

**Equipment:**

- Knife
- Spoon

## Method:

1. Slice up strawberries into thin slices
2. Lay rice cakes onto a plate
3. Dollop Greek yoghurt onto rice cakes and spread over the top.
4. Place strawberries on top.

## Why it's a healthier option:

It contains carbohydrates for energy. There is no added sugar. Strawberries are full of vitamin C which helps us fight colds and flu. Greek yoghurt is full of protein to keep us full and strong.



# Coconut Banana Balls

**Cost: 50p per 2 balls**

**Preparation Time:  
10 minutes, so make lots in  
one go!**

## Ingredients:

- Banana
- Porridge Oats
- Cocoa powder
- Shredded coconut (dried)
- Peanut butter

## Equipment:

- Fork
- Dessert spoon
- Mixing bowl
- Tray or plate
- Fridge

## Method:

1. Put 1 banana in the bowl and mash with the fork.
2. Add a cup of oats, spoon of cocoa powder, spoon of coconut, spoon of peanut butter to mixing bowl.
3. Mix all together using spoon
4. Use your hands to roll mixture into balls.
5. Put on tray and put in the fridge to chill for a couple of hours.

## Why it's a healthier option:

Oats give you energy for a long time and keep you warm and full. The peanut butter contains protein. Its a tasty, sweet snack with no added sugar at all!



# Triple

**Cost: 50p per 'Triple'**

**Preparation Time:  
4 minutes**

## Ingredients:

- Crumpets
- Butter
- Cheese
- Apple/orange

## Equipment:

- Toaster
- Butter knife
- Sharp vegetable knife \*use with an adult
- Chopping board
- Cheese grater

## Method:

1. Put one crumpet in the toaster
2. While you wait, chop up apple into slices with sharp knife and chopping board \* with an adult. Peel orange and break into segments
3. Take crumpet out of toaster and spread a little butter on top
4. Add the apple/orange
5. Sprinkle grated cheese on top and wait for it to melt!

## Why it's a healthier option:

Triple contains three food groups from the Eatwell Plate making it quite a balanced snack. You have carbohydrate, fruit and dairy.



# Frozen Fruity Yoghurt Bites

**Cost: £3 for 6**

**Preparation Time:  
10 minutes,  
plus freezing time.**



**Ingredients:**

- 50g frozen strawberries
- 1 mango
- 3 kiwis
- 300g Greek yoghurt
- Honey or fruit coulis

**Equipment:**

- Spoon
- Sharp knife \*use with adult
- Chopping board
- Rubber cupcake cases

**Method:**

- Freezer

1. Chop up fruit using knife and chopping board
2. Spoon yoghurt into cupcake cases until nearly full
3. Dot honey or coulis on top
4. Place fruit pieces on top of the honey or coulis
5. Put in freezer until frozen.

## Why it's a healthier option:

Frozen food takes longer to eat which helps slow down sugar spikes. Greek yoghurt is full of protein and calcium.



# Mini Fruit Pizzas

**Cost: 25p per slice**

**Preparation Time:  
3 minutes**

## Ingredients:

- Mini wholemeal wraps
- 1 apple
- handful strawberries
- 1 orange or any fruit you like!
- honey

## Equipment:

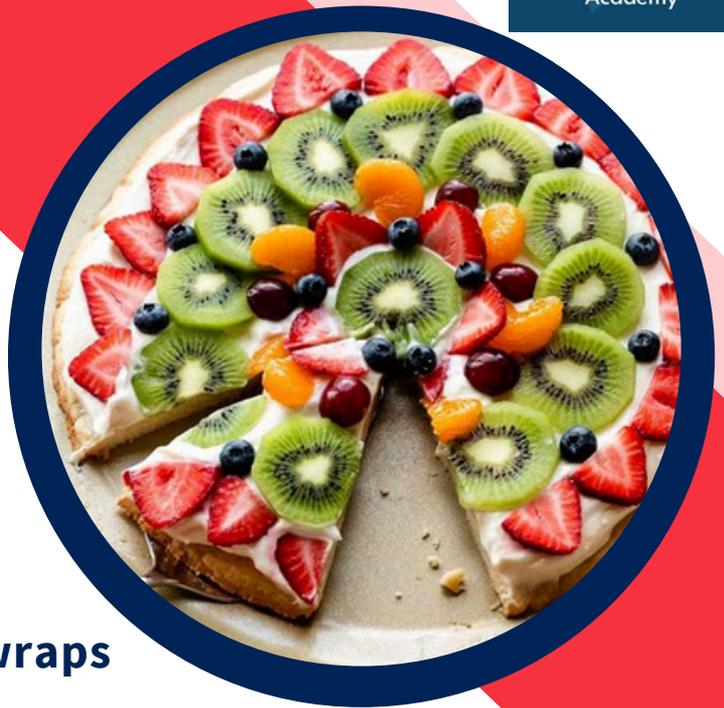
- Spoon
- Sharp knife \*use with adult
- Chopping board

## Method:

1. Chop up fruit using knife and chopping board into small pieces
2. Lay a wrap on a plate and spoon honey onto it.
3. Spread honey out
4. Sprinkle fruit over the top.
5. Slice pizza into quarters.

## Why it's a healthier option:

Wholemeal wraps are high fibre which keeps us full and helps us keep our tummies healthy. Lots of fruit provide us with vitamins.



# Magic Mix

**Cost: £1 per portion**

**Preparation Time:  
3 minutes**

## Ingredients:

- Frozen mango chunks
- Frozen cherries
- Greek Yoghurt
- Honey

## Equipment:

- Spoon
- Mixing bowl

## Method:

1. Put all of the ingredients into the mixing bowl and stir until all of the fruit is covered in yoghurt!
2. The honey can be drizzled over the top at the end.

## Why it's a healthier option:

High protein snack, containing dairy. It also contains 2 of your 5 a day, and has no added sugar.



# Eggy Bread

**Cost: 20p per slice**  
**Preparation Time:**

**3 minutes**

**Ingredients:**

- 1 egg
- 2 slices of seeded wholemeal bread
- Olive oil

**Equipment:**

- Mixing bowl
- Knife & fork
- Frying Pan
- Spatula

**Method:**

1. Crack egg into mixing bowl and whisk with fork until all one colour and smooth.
2. Cut slices of bread into halves with knife.
3. Push bread into egg using the fork to soak it all up.
4. Heat frying pan (medium heat), add oil and when hot, place slices in pan.
5. Cook on each side until golden, using spatula to flip half way through.

**Why it's a healthier option:**

Eggs are an incredible source of protein, and packed full of nutrients. They are very affordable too!

When mixed with seeded, wholemeal bread, you get a nutrient packed snack bomb which will keep you strong, fuller for longer and reduces risk of sugar highs and crashes!



# Kiwi Bites

**Cost: 20p per portion**

**Preparation Time:  
5 minutes**

## Ingredients:

- Kiwis
- Dark chocolate (chips or bar)
- Nuts/desiccated coconut (optional)

## Equipment:

- Optional lolly sticks
- Sharp knife \*ask adult to help
- Microwave
- Spoon
- Bowl (microwavable)
- Microwave
- Fridge
- Baking paper/large plate

## Method:

1. Peel kiwis and slice into circles.
2. Push lolly stick gently into one end.
3. Break chocolate into microwavable dish and put into microwave on low heat for 1-2 mins. Keep stirring until smooth.
4. Dip kiwi into chocolate and lay on plate/tray. Sprinkle with nuts and put into fridge to set.

## Why it's a healthier option:

Kiwis are very high in vitamin C. They are also high in serotonin which can help you sleep if you eat before bedtime. Dark chocolate is full of antioxidants and contains much less sugar and fat than milk chocolate, making it the healthier alternative.



# Salad Stravagansa!

**Cost: £1 per portion**

**Preparation Time:  
5 minutes**

**Ingredients:**

- Lettuce
- Cucumber
- Cherry tomatoes
- Carrot
- Cheddar cheese

## Equipment:

- Sharp knife \*ask adult to help
- Chopping board
- Mixing bowl/salad bowl
- Cheese grater
- Vegetable peeler
- Kitchen towel

## Method:

1. Wash all vegetable ingredients
2. Pat dry in kitchen towel
3. Peel carrot and cucumber
4. Dice up lettuce, cucumber and cherry tomatoes. Put in bowl.
5. Grate carrot and cheese on top.

## Why it's a healthier option:

Often snacks are based on fruit. However, vegetables are a lower sugar option and very high in fibre and nutrients. Try to base snacks on veggies as much as possible. Think veggie sticks with houmous or mini salads. Add proteins like cheese, ham, chicken, nuts etc if possible to make the snack more balanced.



# Healthy Cheesecake!

**Cost: 30p per portion**

**Preparation Time:  
1 minute**

## Ingredients:

- Wholemeal crackers
- Soft cheese
- Raspberries

## Equipment:

- Butter knife
- Plate

## Method:

1. Wash raspberries
2. Take 2 wholemeal or rye crackers and spread soft cheese on top.
3. Place a couple of raspberries on top of the cheese.
4. Eat!

## Why it's a healthier option:

Wholemeal crackers are an excellent source of fibre. 86% of children aged 4-10 years are not getting the recommended amount of fibre. Fibre is essential for gut health, balancing sugar levels and preventing constipation.

Berries are a very low sugar, high vitamin C fruit.

Use soft cheese rather than cream cheese as it is pure cheese, without added cream, making it a lower fat option.



# Frozen Banana Bites

**Cost: 20p per cube**

**Preparation Time:**

**5 minute**

**Ingredients:**

- 1 Banana
- 10 Strawberries
- 300ml Milk

**Equipment:**

- Butter knife
- Ice cube trays
- Blender
- Freezer

**Method:**

1. Wash strawberries, take off top and add to blender
2. Chop banana and add to blender
3. Pour milk in blender and blend ingredients until smooth
4. Pour into ice tray
5. Put in freezer for at least 2 hours (until frozen)

**Why it's a healthier option:**

A natural version of an ice lolly with no added sugars. Although smoothies are very high in 'free sugars', creating blood sugar spikes and quick hits followed by sugar crashes, when frozen they take longer to be digested as they need time to melt. Ice cube trays portion out the ingredients into very small portions too!

Perfect for ready to eat, cooling summer snack.



# Rainbow Fruit Kebabs

**Cost: 40p per kebab**

**Preparation Time:  
3 minutes**

## Ingredients:

- Red - strawberries
- Orange - oranges
- Yellow - banana
- Green - grapes
- Blue - blueberries
- Violet - plums
- White - melon

## Equipment:

- Kebab sticks
- Sharp knife \*ask an adult to help
- Chopping board

## Method:

1. Chop up all the fruit into small pieces, but make sure they are big enough to stay on the kebab sticks.
2. Thread each fruit onto the stick in rainbow order.

## Why it's a healthier option:

Eating all of the colours of the rainbow each day makes sure you have all of the vital vitamins, nutrients and antioxidants. Each colour contains a different nutrient that keeps us healthy.



# Aubergine Flatbreads

Cost: £2

Preparation Time:  
25 minutes

## Ingredients:

- 1 aubergine
- 200g self-raising flour
- olives
- olive oil
- feta cheese
- oregano

## Equipment:

- A grill and tray
- Mixing bowl X2
- Fork
- Frying pan
- Spatula
- Butter knife
- Rolling pin

## Method:

1. Prick aubergine with fork and put until the grill on a baking tray until very soft.
2. Pour flour into mixing bowl and use water and fork to make the dough.
3. Cut aubergine in half and scoop out soft flesh into another bowl. Add olives, oregano and feta cheese.
4. Roll out dough ball into a flat bread and fry on one side until golden.
5. Flip over flat bread bread and add the aubergine mix. Fry for another 5 minutes.

## Why it's a healthier option:

Feta is a great source of calcium. Olive oil is one of the healthiest choices of oil, with many health benefits. Aubergine is full of fibre and nutrients!

