

Move Well Eat Well

Super Snack Recipe Ideas

Easy ideas for at home snacks

Here are some of our favourite snacks that kids will enjoy, and the ingredients can be easily swapped for more variety. This list of Handy food swaps may help you choose another ingredient, if something is missing from your fridge or cupboard.

Celery Boats (3 years +)

(Serves 2)

Ingredients

- 2 sticks of celery
- ½ cup ricotta
- Sultanas

Method

1. Wash celery and trim ends.
2. Spread the ricotta along the groove of the celery.
3. Cut into 5 cm lengths. Dot with sultanas.
4. Serve.

Notes:

- You can swap the celery for any type of vegetable! Try carrots cut in half, raw capsicum or zucchini. Swap the ricotta filling for mashed egg, peanut butter or tuna.

Frozen Banana Rockets

(Serves 8)

Ingredients

- 2 x 200g tubs of low-fat yoghurt
- 8 wooden ice cream sticks
- 4 small bananas, peeled
- 1 cup coconut, for coating

Method

1. Combine the yoghurt and place in a flat dish.
2. Cut each banana into two pieces.
3. Push an ice cream stick into the end of each piece.
4. Roll the banana in the yoghurt and coat in coconut.
5. Place on a foil lined tray and freeze until firm.
6. Serve frozen.

Notes:

- This is a great way to use up bananas that are too ripe. You can also swap the banana for other fruits like strawberries, kiwi fruit or mango.

Move Well Eat Well

Cheese Men

(Serves 8)

Ingredients

- 1 tablespoon margarine
- 2 cups wholemeal self-raising flour
- 1 cup cheddar cheese, finely grated
- $\frac{3}{4}$ cup low fat milk

Method

1. Rub margarine into flour.
2. Mix in cheese using a spoon and mix in milk to form a soft dough.
3. Knead lightly on a floured board for 3 minutes, or until well combined.
4. Roll out to $\frac{1}{2}$ cm thick and cut into gingerbread man shapes. Make faces using chopped pieces of vegetables.
5. Bake on greased tray at 200°C for 10 minutes, or until golden.
6. Serve.

Notes:

- If you don't have any self raising flour, you can swap this for plain flour plus baking powder.

Frozen Fruit Blocks

(Serves 10)

Ingredients

- 425g can crushed pineapple (in natural juice)
- 2 passionfruit or $\frac{1}{2}$ cup canned
- $\frac{1}{2}$ cup 100% orange juice

Method

1. Open the can of pineapple and strain off juice.
2. Pureé pineapple in food processor.
3. Cut the passionfruit in half.
4. Scoop the passionfruit pulp in with the pineapple, add orange juice and stir.
5. Pour into iceblock moulds.
6. Freeze for at least four hours.
7. When half set, place an icy pole stick into each block.
8. Serve frozen.

Notes:

- You can swap the pineapple and passionfruit chunks for any fruit of your choice. Try using another fruit juice, such as pineapple or apple instead of orange juice.

Move Well Eat Well

Pizza Muffins

(Serves 2)

Ingredients

- 1 wholemeal English muffin, cut in half
- 1 tablespoon tomato paste
- ½ carrot, grated
- ½ green capsicum, finely chopped
- 1 slice ham, chopped
- ½ cup mozzarella cheese

Method

1. Slice the muffin in half.
2. Toast muffin under grill until golden.
3. Spread with tomato paste and top with carrot, capsicum, ham and cheese.
4. Place under hot grill until cheese melts.
5. Serve warm.

Notes:

- Pizza bases can be made from different pantry staples. Try using pita bread, wraps or slices of bread if you don't have English muffins handy.
- Try adding vegetables that need using up. Popular options are tomato, pineapple, spinach, mushrooms, zucchini and onion.

Mini vegetable frittatas

(Serves 12)

Ingredients

- 1/2 cup wholemeal self-raising flour
- 1/2 cup of spinach, chopped fine
- 1 zucchini, grated
- 1/2 cup tinned corn kernels, drained
- 3 eggs, lightly beaten
- 1/4 cup vegetable oil, such as olive oil. Plus an extra 2 teaspoons for cooking the vegetables.
- 1 /4 cup low fat cheese, grated

Method

1. Pre-heat oven to 180°C.
2. In a large frying pan, heat 2 teaspoons of oil.
3. Cook the onion, zucchini and corn until soft.
4. Sift the flour into a large bowl.
5. In another bowl, beat the eggs and oil together.
6. Add the egg and vegetable mix to the flour. Mix with a wooden spoon until all combined.
7. Spoon the mixture into lightly greased muffin tins or patty pans.
8. Bake on top oven shelf for 30 minutes or until cooked.

Notes:

- Add lots of vegetables such as tomato, mushrooms, spinach, capsicum, sweet potato, onion and corn to egg and cheese and cook in a muffin tin.
- You can use a variety of vegetables. This is a great way to use up older vegetables in the fridge

Move Well Eat Well

Super Smoothie

(Serves 1)

Ingredients

- 1 cup low fat milk
- ½ cup of any favourite fruit
- 2-3 spoons of yoghurt

Method

1. Place all ingredients into the blender.
2. Blend on high, until smooth.
3. Serve immediately.

Notes:

- Try adding a variety of fruit such as strawberries, apple, banana, mango, kiwi fruit and peaches.
- This is a great way to use up any fruit that is left in the fridge or fruit bowl.
- You can also try using frozen fruit.

Vegetable Pikelets

(Serves 15)

Ingredients

- 1 small zucchini, grated
- 1 carrot, grated
- 1 can of corn kernels
- ½ cup wholemeal self-raising flour
- ½ cup white self-raising flour
- 1 egg
- ¾ cup low fat milk
- ½ teaspoon margarine

Method

1. Turn the stove to medium heat.
2. Put grated carrot, zucchini and corn in a saucepan and cook vegetables until soft (about 3 mins). Allow to cool.
3. Sift both flours into a bowl.
4. Stir in egg and milk to make a smooth batter.
5. Mix in cooked vegetables.
6. Heat frypan on stove and melt margarine.
7. Drop tablespoons of the mixture into frypan and cook until bubbles appear.
8. Turn over and brown other side.
9. Serve warm.

Notes:

- You can use a variety of vegetables based on what is in season, or left over in the fridge.
- Try adding other vegetables such as capsicum, peas, mushrooms and chopped broccoli.
- These are delicious with added cheese. Try mozzarella, parmesan or tasty cheese.
- If you don't have any self raising flour, you can swap this for plain flour plus baking powder.

Move Well Eat Well

Carrot and Seed Muffins

(Serves 12)

Ingredients

- 1 cup white self-raising flour
- 1 cup wholemeal self-raising flour
- 1 teaspoon cinnamon
- 2 carrots, grated
- 1/3 cup brown sugar
- 1/2 cup chopped sunflower or pumpkin seeds
- 2 eggs
- 2 tablespoons vegetable oil
- 1 cup low fat milk

Method

1. Pre-heat oven to 200°C.
2. Grease muffin tray.
3. In a large bowl sift the flours and cinnamon.
4. Add grated carrot, sugar and seeds to flour.
5. In another bowl, beat eggs, oil and milk together.
6. Add the egg mixture to the flour and carrot mixture.
7. Mix with a wooden spoon until all combined.
8. Spoon the mixture into muffin tins or party cases.
9. Bake on top oven shelf for 20 minutes or until cooked.

Note:

- If you don't have any self raising flour, you can swap this for plain flour plus baking powder.
- These muffins freeze well. It's handy to keep them in the freezer to add variety to a snack plate.