**Remember to include 1 portion of veg, 1 portion of fruit, some protein and some wholegrains**

|  |  |  |  |
| --- | --- | --- | --- |
| **FRUIT** | **VEGETABLE** | **MAIN SNACK – WHOLEGRAIN OR RYE BREAD / WRAP / PITTA WITH HEALTHY PROTEIN** | **ADD ON / TREAT** |
| Apple | Mangetout /sugarsnap peas | Free range / organic hardboiled egg, cress with healthy mayonnaise\* | Oatcakes and pesto dip |
| Plum | Carrot sticks | ***Hummus*** and grated carrot | Ryvita with ***mango dip*** |
| Pear | Celery sticks | Cheddar and tomato / brie and grapes | Rice cakes with nut butter |
| Banana | Sliced pepper | Peanut butter and sliced banana | Chunks of cheese |
| Melon / watermelon | Sprouts e.g. Happy Pear | Tuna / salmon & sweetcorn / pepper mixed with healthy mayonnaise\* | Wholegrain crackers with ***pea & mint spread*** |
| Grapes | Baby corn | Prawns / smoked or tinned salmon, avocado and cucumber | ***Savoury pumpkin seeds*** or mixed seeds |
| Berries | Homemade coleslaw | Mini pitta breads with falafel, hummus, lettuce and cucumber | ***Hummus*** |
| Orange, satsuma, clementine | Radish | Wholegrain wrap with tuna, lettuce, tomato | Hard-boiled egg |
| Peach / nectarine | Cucumber sticks | Wholegrain / rice noodles, mixed vegetables, sesame seeds with cashew nuts / prawns | Olives |
| Pineapple chunks | Cherry tomatoes | Wholegrain tuna & sweetcorn pasta salad or pasta with pesto and peas | ***Easy banana oat cookies*** |
| Kiwi segments | Broccoli / cauliflower florets | Slice of quiche or frittata | Fruit puree / salad with natural yoghurt |
| Dried Figs / apricots / raisins | Vegetable soup | Wholegrain couscous / quinoa salad with cucumber and sweetcorn | ***Wholemeal scone*** |

Always give water to drink

\*For ‘healthy mayonnaise’ mix mayonaise with probiotic natural yoghurt

|  |  |  |  |
| --- | --- | --- | --- |
| **Pesto Dip**  2 Tablespoons natural probiotic yoghurt  1 Tablespoon green or red pesto  Mix yoghurt and pesto together.  Use in sandwiches, as a dip or in pasta salads | **Mango Dip**  2 Tablespoons natural probiotic yoghurt  1 Tablespoon mild mango chutney   * Mix yoghurt and mango chutney together. * Use in sandwiches, as a dip or in pasta salads | **Smoked Mackerel Pate**  1 pack smoked mackerel fillets, skinned  4 spring onions, finely sliced  Juice ½ lemon  3 tbsp. natural probiotic yoghurt  2 tsp horseradish (optional)   * Place all ingredients in a bowl and mash with a fork | **Wholemeal Scones**  100g self-raising flour  180g wholemeal flour  1 heaped tsp baking powder  25g oats  Handful mixed seeds  Pinch salt  60g cold butter, cut into cubes  1 egg  200ml buttermilk +3 tbsp. milk   * Preheat oven to 190oC * Mix flours, baking powder, salt, seeds and oats and rub in butter until mixture resembles fine breadcrumbs * Briefly mix in milk to form soft dough. Do not overhandle. * Turn onto floured surface pat out to 4 cm thick and cut out scones * Put on baking sheet, brush with milk, sprinkle over mixed seeds and bake for 10 – 12 minutes until golden. Cool on a wire tray * For **cheesy scones** add ½ tsp mustard powder and 85g mature cheddar into flour mix. * For **sweet scones** add in 1 tbsp castor sugar and a large handful of raisins or frozen berries at the breadcrumb stage |
| **Hummus**  1 tin chickpeas  1 clove garlic  1 tbsp. tahini juice of ½ - 1 lemon  2 tbsp. extra virgin olive oil / rapeseed oil  ½ tsp ground cumin (optional)   * Put the chickpeas and garlic in a blender and blend until small crumbs * Add tahini, lemon juice, oil, cumin and blend. If required add some water to make thinner. * For variety, add sundried tomatoes / harissa / roasted peppers to the hummus and blend. * Use in sandwiches, as a dip or spread on rice cakes | **Savoury Pumpkin Seeds**  6 tablespoons pumpkin seeds  ½ - 1 tablespoon soya sauce (use tamari for wheat free version)   * Preheat oven to 160oC * Mix pumpkin seeds and soya sauce, place in a single layer on a preheated baking tray and roast for 10 – 15 minutes. * Remove from the oven and allow to cool and ‘dry out’   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Fruit smoothie**  Blend together ½ banana, handful frozen berries, 1 tbsp. probiotic natural yoghurt, ½ tbsp. ground linseeds / ½ avocado and splash of apple juice. Thin with water if necessary.  NB always ensure to add protein e.g. natural yoghurt / nuts / seeds | **Easy banana oat cookies**  80g porridge oats  20g ground linseeds  2 bananas, mashed  1 tbsp. chocolate chips (optional)   * Preheat oven to 180 oC * Mix all ingredients together in a bowl and place teaspoons of mixture on baking sheet lined with baking paper. Flatten slightly * Bake for 10 – 12 minutes until lightly browned   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Pea & mint spread**  3 cups frozen peas or petit pois, thawed (just pour boiling water over them)  ½ clove of fresh garlic, crushed  5 tablespoons extra virgin olive oil  ½ - 1 cup fresh mint leaves, roughly chopped   * Blend ingredients in food processor * To make this dip/spread creamier, add 2 – 4 tbsp. full fat cream cheese |