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

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| **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

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| **Pesto Dip**2 Tablespoons natural probiotic yoghurt1 Tablespoon green or red pestoMix yoghurt and pesto together.Use in sandwiches, as a dip or in pasta salads | **Mango Dip**2 Tablespoons natural probiotic yoghurt1 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, skinned4 spring onions, finely slicedJuice ½ lemon3 tbsp. natural probiotic yoghurt2 tsp horseradish (optional)* Place all ingredients in a bowl and mash with a fork
 | **Wholemeal Scones**100g self-raising flour180g wholemeal flour1 heaped tsp baking powder25g oatsHandful mixed seedsPinch salt60g cold butter, cut into cubes1 egg200ml 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
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| **Hummus**1 tin chickpeas 1 clove garlic1 tbsp. tahini juice of ½ - 1 lemon2 tbsp. extra virgin olive oil / rapeseed oil½ 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 seeds½ - 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’

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* 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

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* To make this dip/spread creamier, add 2 – 4 tbsp. full fat cream cheese
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