

# Healthy Snack Options

There are loads of healthy snack options. Make these available and you'll be amazed by how these healthy snacks get gobbled up - without complaint!

This list of snacks are designed to have a mix of carbs and proteins to ensure they get energy and their hunger satisfied. Some are great snacks for school and others make fantastic healthy snacks for after school and on the weekend. Make a habit of having these options available and reduce the packaged options.

## Crunchy

- Rice cakes with cheese and tomato or avocado and cheese, or nut butter
- Popcorn - popped at home in coconut oil, serve with a mix of nuts
- Carrot sticks with hommus
- Apple slices spread with nut butter
- Celery sticks with nut butter, cream cheese, or avocado
- Fruit in season with mixed nuts



*Fruit & Veg Bread - serve with yoghurt. Yum!*

## Sweet

- Yoghurt and Fruit
- Smoothies
- Any of the fruit items from the Crunchy list
- Porridge with Fruit & nut/seeds
- Freeze yoghurt and top with berries or even homemade museli with nuts/seeds
- Home made Banana Ice Cream (frozen banana's blended in food processor), add some nuts to make sweet & crunchy
- Thinly slice some sweet potato & normal potato on the mandolin & cook in oven till crunch
- Fruit & Veg Bread topped with yoghurt - for recipe go to <http://rootcau.se/2>
- Banana Chia Pikelets
- Pikelets with yoghurt & fruit
- Frozen oranges, with a side of nuts

## Creamy

- Smoothies
- Chia Puddings
- Rice Pudding
- Chocolate Mouse made on Avocado & frozen banana
- Banana Soft Centre Fun Balls - for recipe, go to <http://rootcau.se/3>
- Protein or Bliss Balls

## Savoury

- Olives, Feta and crackers or rice crackers (watch for pesky ingredient #'s)
- Mountain bread toasts with avocado or hommus
- Edamame
- Home made Chicken broth and rice noodles
- Egg and Bacon Muffins or slice
- Bacon & Zucchini Slice
- Mini Pizza's
- Scrolls - ham, cheese, mushroom etc



*Banana Pikelets with fruit, seed & nut platter.  
Great way to keep them quiet.*

In preparing this list, I realised 3 things:

1. How incredible it is to be able to give our children the gift of any of these healthy snacks
2. Many of these are suitable for freezing and packing for a great recess too
3. You could prepare many of these snacks in advance and then put a list on the fridge so they can help themselves to a healthy afternoon tea.

Note - Something small from this list that can be popped in a container and put in your hand bag (such as a protein ball or some frozen orange), is the perfect way to combat the "I'm starving" hellos you get at pick up time.