



Be Snack Wise!

Snacks are part of our everyday day eating as they help to keep energy levels up and hunger pains at bay! When choosing our snack foods there are a few things to be aware of and keep in mind:

1. Snacks should be based around the four food groups
2. They are a mini meal to get us through to the next main meal, portion control is important!
3. Snacks and treats are different! Treats are processed, high in fat, sugar and salt.
4. Snacks don't have to come in a packet.

Below are some recipes for some quick and easy snack foods that would be great for the lunchbox, or when you get home from school/work. They all freeze or store really well so make a large batch and pop in the freezer for a later date!



Easy Pikelets

Ingredients

1 ½ cup flour
1 Tbsp baking powder
pinch of salt
1 Tbsp sugar
1 large egg
¾ - 1 cup milk
1 Tbsp butter, melted

Method

1. Sift the flour, baking powder and salt together into a bowl. Stir in the sugar.
2. In another bowl or a jug, beat the egg with milk and the melted butter.
3. Make a well in the dry ingredients and add the liquid mixture. Without over-mixing, stir until combined, adding more milk if the mixture is too stiff.
4. Heat a lightly buttered pan on medium heat. Drop spoonfuls of the mixture into the pan.
5. When the pikelets bubble, turn over.
6. Remove from pan and keep warm in a clean tea towel

Homemade hummus

Ingredients

1 can of chickpeas (or dried)
2 tbsp olive oil
1 lemon
1 clove of garlic
¼ cup of water

Optional: To change the flavour try adding roasted capsicum, basil, mint, beetroot and sun dried tomatoes.

Method

1. Drain chickpeas from can, or cook dried chickpeas (soak chickpeas, rinse well, boil for approx. 1.5hours or until soft). Place in food processor.
2. Add in olive oil, juice of 1 lemon, 1 clove of garlic, water to the blender.
3. Blend well. Add more water to change consistency. Season with salt and pepper if needed.
4. Serve with vegetable sticks or use as a





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Ingredients 3/4 cup plain flour 1 teaspoon baking powder 1 teaspoon sugar or runny honey 1 large or 2 small eggs 1 tin creamed corn salt/pepper oil for cooking	Method <ol style="list-style-type: none"> 1. Put all dry ingredients into a bowl. 2. Add corn and eggs. Mix. If you're using honey, add it now. The mixture should be quite thick. 3. Heat oil (medium heat) and drop spoonfuls of mixture into pan, fry until bubbles form or until golden then flip. <p>Note: These freeze well so can be a great option for a quick and easy snack/</p>
	<p>spread on sandwich or crackers</p>

Mini corn fritters

Monkey Roll

Ingredients (serves 2) 1 banana 2 slice of wholemeal bread Peanut butter (optional)	Method <ol style="list-style-type: none"> 1. Peel banana and cut in half. 2. Spread peanut butter on bread (optional) 3. Place half the banana on the slice of bread and roll it up. 4. Do the same with the other half and enjoy your monkey roll!
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