

Food4Kids: Snacks Away!



We recommend 3 balanced meals a day, using our Food4Kids guidelines above. But, we do recognise that kids often need a quick boost and like a snack during the day. With that in mind, here are a few suggestions for quick, easy, real food snack solutions to inspire you, make life simple and engage your kids in healthy eating. The bonus is all of these 'snacks' can be used in the whole family's lunchboxes!



Egg 'Muffins' - 12 portions

Ingredients:

- 12 eggs (one per muffin) beaten

Optional Filling Ideas (pick 2 or 3):

- 50g grated cheese
- 12 baby tomatoes chopped (1 per muffin)
- 1/2 medium courgette, grated
- 1 small carrot, grated
- 50g peas
- 50g sweetcorn
- 4 finely chopped spring onions
- 1/2 finely chopped bell pepper
- 4 small finely chopped mushrooms

Method:

1. Preheat oven to 180°C (356°F)
2. Grease a 12 hole muffin tin or line with baking paper
3. Beat the eggs
4. Divide your desired fillings between each muffin hole
5. Top up with beaten egg (each tin holds 1 egg)
6. Cook for 15-20 mins until golden

These freeze really well so can be made in advance and taken out when needed. Because they are individual everyone can choose their preferred fillings.



Cheese Flapjacks - serves 8

Ingredients:

- 2 eggs
- 50g melted butter
- 150g porridge oats
- 150g grated cheddar cheese
- Grated parmesan to top
- 1 large carrot or half a medium sweet potato or medium courgette grated
- 1 tbsp seeds (sunflower, pumpkin)

Method:

1. Preheat the oven to 180°C (356°F)
2. Line a 20cm (8") square tin with baking paper
3. Put the oats in a mixing bowl with the melted butter, seeds, cheddar cheese, eggs and grated veg
4. Mix thoroughly
5. Pour the mixture into the prepared tray and flatten with the back of a spoon
6. Top with grated parmesan
7. Bake in the oven for 15-20 mins until the cheese is melted

Cool in the tin before slicing



High Protein Cookies - serves 12

Ingredients:

- 2½ cups gluten-free plain flour
- ½ cup Nuzest Smooth Vanilla Clean Lean Protein (or protein powder of choice)
- 2 tsp gluten-free baking powder
- 1 cup sugar
- 1 cup olive oil
- 2 eggs, room temperature
- 1 egg - white only (beaten)
- ¾ tsp vanilla essence
- ½ tsp almond essence

Method:

1. Preheat oven to 180°C (356°F)
2. In a bowl, mix flour, protein powder and baking powder and set aside
3. Mix the oil and sugar until fully combined. Add eggs and essences and mix until combined.
4. Fold in the beaten egg white
5. Gradually add the flour and beat until just combined. Mixture should look like a pile of crumbs. Scoop out handfuls and knead together in small amounts before kneading the whole lot together

6. Take half the mixture and roll it out on a floured surface to your desired thickness
7. Use a cookie cutter to cut shapes out of the rolled dough and transfer them to a lined baking tray. Once you have a full tray, place in the freezer for 10 mins before baking. This helps the cookies keep their shape
8. Bake 10-12 mins, keeping an eye on them around the 10 minute mark so they don't brown too much
9. Repeat with remaining dough

Once cookies are baked, let them sit on the tray for a couple of minutes before transferring to a cooling rack.



Golden Bliss Balls - makes 12-18 balls

Ingredients:

- 270g Apricots
- 150g Cashews (or other nuts of choice)
- 2 tbsp Tahini
- Desiccated coconut for rolling
- 1 scoop vanilla protein powder of choice (optional)

Method:

1. Put the nuts into a food processor and blitz into fine pieces
2. Put the nuts into a bowl
3. Add the apricots to the processor and blend until smooth (you will need to keep stopping and scraping down the sides of the bowl)
4. Add the nuts and tahini to the processor with the apricots and blend until incorporated
5. Roll into approx 2cm (1") balls
6. Roll in the desiccated coconut
7. Pop into the fridge to firm up

If you'd like to try making your own nut butter the following recipe shows you how to do it.



Activated Nut Butter

Ingredients:

- 2 cups of preferred nuts (raw)
- 2 tsp salt (sea or himalayan)

Method:

1. Activate your nuts to increase the nutrient value and breakdown undesirable, difficult to digest compounds
2. Dissolve the salt in enough filtered/mineral water to cover the nuts
3. Put the nuts in the water and leave to soak for 8-12 hours (if cashews they only need 2 hours)
4. Strain and rinse the nuts (discard the soaking water)
5. Preheat oven to 100°C (212°F). Place the nuts on a baking tray in the oven. Stir or turn them occasionally, until they're dry (approx 45 mins). Keep checking them to ensure they don't burn. For snacking you may like the nuts to be crispier, for nut butter they should be just dry
6. Leave nuts to cool
7. Make the nut butter!
8. Put the activated nuts into a food processor and blitz, occasionally stopping to scrape down the side of the processor. Keep going for 10-15 mins until the nuts form the 'butter'. You can flavour the butter at this stage if desired i.e. salt, vanilla, chocolate, cinnamon, coconut etc



Paradise Squares - makes 12 pieces

Ingredients:

- 200g bar of creamed coconut
- 6 tbsp softened coconut oil
- 2 tbsp raw honey or maple syrup
- 150g desiccated coconut
- 1½ tsp vanilla extract or paste
- Pinch of sea salt
- 100g (70%+ cocoa solids) dark chocolate (any flavour of your choice)

Method:

1. Line a 20cm (8") square tin with baking parchment. Place the unopened packet of creamed coconut in a bowl of warm water to soften
2. Once the creamed coconut is soft all the way through pour it into a bowl with the softened coconut oil, honey, vanilla and salt and mix well
3. Mix in the desiccated coconut evenly to create a stiff consistency
4. Pour the mixture into the lined tin. Press mixture down with the back of a spoon so it's level and leave to set in fridge
5. Melt the chocolate in a glass bowl over a pan of warm water
6. Spread the melted chocolate over the top of the coconut mixture and pop back into the fridge to set

7. Once set leave to come up to room temperature and cut into squares
8. Keeps well in the fridge or freezer

Adapted from Hemsley & Hemsley



Savoury Bhaji Bites

Ingredients:

- 115g gram flour (chickpea flour)
- 1 tsp baking powder
- 1/2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 150 ml cold water
- 1 medium onion (finely sliced) or 50g defrosted frozen peas or 1 small courgette grated
- Coconut oil for frying

Method:

1. Mix the first ingredients in a bowl. Then add the water and mix well to form a batter (double cream consistency)
2. Add your veg and mix well
3. Heat some oil in a frying pan over a medium heat. Cook spoonfuls of the mixture until golden then turn over and cook until golden on other side
4. Drain on kitchen paper
5. These keep well in the fridge or can be frozen (if frozen they benefit from a quick refresh in a warm frying pan once defrosted)



Sweet Bhaji Bites

Ingredients:

- 115g gram flour (chickpea flour)
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1 tsp vanilla paste
- 150ml milk of choice (or water)
- 35g sultanas
- Coconut oil for frying

Method:

1. Mix the first 3 ingredients in a bowl. Then add the liquid and mix well to form a batter (double cream consistency)
2. Add the sultanas and mix through well
3. Heat some oil in a frying pan over a medium heat
4. Cook spoonfuls of the mixture until golden then turn over and cook until golden on other side
5. Drain on kitchen paper
6. These keep well in the fridge or can be frozen (if frozen they benefit from a quick refresh in a warm frying pan once defrosted)



Quick & Easy (no recipe needed!)

- Boiled eggs with spinach or rocket or baby tomatoes (boil half a dozen eggs and keep in the fridge for when needed during the week)
- Oatcakes topped with hummus or nut butter
- Hummus with veg crudites
- Apple or pear sarnies - two thick slices apple or pear with core removed, spread with nut butter, sandwich together
- Celery sticks filled with nut butter of choice or hummus topped with raisins or cranberries
- Handful of preferred berries topped with coconut cream
- Handful of activated nuts (see nut butter recipe) with a piece of fruit