

Healthy Me

The 'Healthy Me' Café - Healthy Snack Recipes

Awesome Avocado

Ingredients

Avocado
Oatcakes
Lemon juice



Method

1. Peel the avocado and take out the stone
2. Mash the avocado in a bowl and add a squeeze of lemon juice
3. Spread over the oatcakes and enjoy!

How this snack is good for my body

Oatcakes give me energy
Avocados and lemon juice have lots of vitamins to help my body fight illness and stay healthy

Why do you like this snack?

Fruity Scone

Ingredients

Plain scone
Grapes
Dried apricots



Method

1. Slice the scone in half
2. Cut up the apricots into very small pieces and scatter on the scone half
3. Slice the grapes and place on top of the scattered apricots. Enjoy your tasty snack!

How this snack is good for my body

Scone gives me energy
Grapes and apricots have lots of vitamins to help my body fight illness and stay healthy

Why do you like this snack?

Fruit Kebabs

Ingredients

Selection of fruit eg strawberries, sliced banana, grapes
Bamboo sticks



Method

1. Cut up the fruit into equal-sized chunks
2. Slide the fruit pieces on to the bamboo sticks.
Munch your way to health!

How this snack is good for my body

Fruits have lots of vitamins and help my body stay healthy.

Why do you like this snack?

Veggie Dips

Ingredients

Selection of vegetables
Tomatoes
Hummus



Method

1. Cut up the vegetables into sticks
2. Chop the tomatoes into tiny pieces and mix into the hummus.
3. Dip the sticks into the tomato-hummus.

How this snack is good for my body

Vegetables have lots of minerals and vitamins that help bodies stay healthy
Hummus is high in protein, which helps bodies grow strong

Why do you like this snack?