

SNACKS



MORE *simple*, *high-energy* SNACKS...

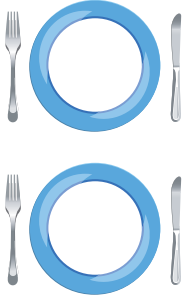
| SNACK | ENERGY (kJ) | PROTEIN (g) | FAT (g) |
|--|-------------|-------------|---------|
| Canned soup + 1 toast + 1 tsp margarine | 1500 | 11.0 | 9.7 |
| 50g mixed nuts | 1200 | 10.0 | 27.0 |
| 1 tub fruit yoghurt + 1 piece of fruit | 1053 | 10.0 | 4.0 |
| 2 slices bread + 1 tbsp honey + 2 tsp margarine | 1260 | 5.0 | 8.0 |
| 1 small tin baked beans + 2 slices toast + 2 tsp margarine | 1300 | 12.0 | 9.0 |
| 2 slices bread + 2 tsp margarine + 1 slice cheese | 1250 | 13.0 | 14.0 |
| 2 fried eggs + 1 slice toast + 1 tsp margarine | 1300 | 15.0 | 20.0 |
| 2 slices bread + 1/2 tbsp honey + 1 tsp peanut butter | 985 | 7.0 | 5.0 |
| 1 slice each ham + cheese + bread + 2 tsp margarine | 1156 | 14.0 | 11.0 |
| 4 weet-bix + 1 cup milk | 1488 | 18.0 | 5.0 |



↓fat ↓sugar

CHEESE AND CORN DIP

SNACKS



| NUTRITION INFO | per serve | per 100g |
|----------------|-----------|----------|
| Energy | 270 kJ | 437 kJ |
| Protein | 5.0g | 8.2g |
| Total fat | 2.0g | 3.0g |
| Saturated fat | 1.0g | 1.8g |
| Sugar | 2.4g | 4.0g |
| Sodium | 190mg | 311mg |
| Fibre | 1.0g | 2.0g |

G.I. LOW



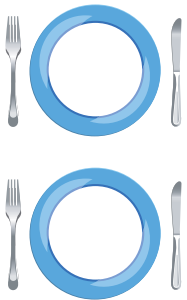
STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Mix all the ingredients together.
- 2 Use as a dip with cut fresh vegetables or crackers.

INGREDIENTS

- ◆ 1/2 cup cottage cheese
- ◆ 1/2 cup creamed corn
- ◆ pepper (to taste)
- ◆ sweet chilli sauce (optional – to taste)

↓fat ↓sugar ↓salt



RED AND GREEN SALSA

SNACKS



| NUTRITION INFO | per serve | per 100g |
|----------------|-----------|----------|
| Energy | 655 kJ | 378 kJ |
| Protein | 2.2g | 1.3g |
| Total fat | 13.8g | 8g |
| Saturated fat | 3.0g | 1.7g |
| Sugar | 4.0g | 2.3g |
| Sodium | 35mg | 20mg |
| Fibre | 1.8g | 1.0g |

G.I. LOW



STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Combine all the ingredients in a bowl and mix well.
- 2 Chill in refrigerator.
- 3 Use as a dip, or on tacos or burritos.

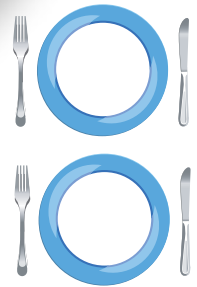
INGREDIENTS

- ◆ 100g (can) diced tomatoes
- ◆ 1/2 green capsicum (diced)
- ◆ 1/2 small onion (finely chopped)
- ◆ 1/2 teaspoon vinegar
- ◆ 1/4 cup lemon juice (fresh or from bottle)
- ◆ 1/2 avocado (diced – optional)

↓saturated fat ↓sugar ↓salt ↑fibre



SEASONED POTATO WEDGES



TIP
Use sweet potatoes instead of regular potatoes for a **LOW (44)** G.I. option

G.I. 78 HIGH

| NUTRITION INFO | per serve | per 100g |
|----------------|-----------|----------|
| Energy | 1400 kJ | 526 kJ |
| Protein | 6.0g | 2.3g |
| Total fat | 18.8g | 7.0g |
| Saturated fat | 1.4g | 0.5g |
| Sugar | 1.3g | 0.5g |
| Sodium | 104mg | 40mg |
| Fibre | 4.4g | 1.6g |

STORAGE: FREEZING* *BEFORE BAKING REHEATING:

SEASONED POTATO WEDGES

INGREDIENTS

- 4 medium potatoes ◆
- 2 tablespoons canola oil ◆
- 1 chicken stock cube (crushed) ◆
- 1 teaspoon mixed herbs ◆
- 1 teaspoon minced garlic (from jar) ◆
- 1/2 teaspoon chilli powder ◆
(optional)
- canola oil cooking spray ◆

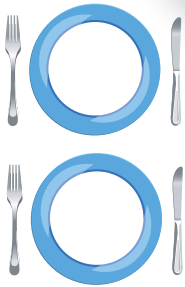
METHOD

- 1 Preheat oven to 180°C.
- 2 Wash potatoes (but do not peel).
- 3 Boil potatoes – or microwave on high for 8–10 minutes – until they are just soft.
- 4 Allow potatoes to cool, then cut into wedges.
- 5 Place potatoes in a plastic bag with all other ingredients and shake well.
- 6 Spray canola oil on baking tray and spread the wedges on the tray.
- 7 Bake in the oven for 5 minutes, then turn wedges over and cook for a further 5 minutes, or until browned.

V ↓sugar ↓salt ↑protein

ZUCCHINI FRITTATA

SNACKS



| NUTRITION INFO | per serve | per 100g |
|----------------|-----------|----------|
| Energy | 820 kJ | 360 kJ |
| Protein | 16g | 7.2g |
| Total fat | 11.6g | 5.0g |
| Saturated fat | 4.8g | 2.0g |
| Sugar | 5.3g | 2.3g |
| Sodium | 175mg | 77mg |
| Fibre | 2.2g | 1.0g |

G.I.
24
LOW

STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Preheat oven to 180°C.
- 2 In a mixing bowl, beat eggs, milk and pepper.
- 3 Spray baking tray lightly with canola oil spray.
- 4 Add vegetables and cheese to a baking tray and pour the egg mixture over the top.
- 5 Bake in oven for 25 minutes or until golden brown.
- 6 Cut into 2 portions and serve hot or cold.

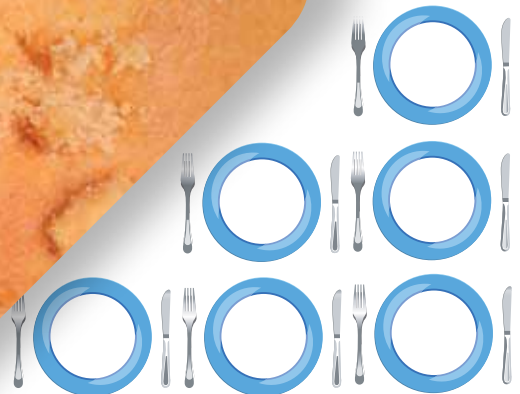
*a GREAT DISH TO INCREASE
YOUR INTAKE OF VEGETABLES!*

ZUCCHINI FRITTATA INGREDIENTS

- ◆ 1 zucchini (grated)
- ◆ 1/2 onion (finely chopped)
- ◆ 1 carrot (grated)
- ◆ 1/4 cup skim milk
- ◆ 1/4 cup low-fat low-salt cheese (grated)
- ◆ 3 eggs
- ◆ 1/2 teaspoon dried parsley
- ◆ pepper (to taste)
- ◆ 1/2 teaspoon crushed ginger (optional – from jar)
- ◆ canola oil cooking spray

↓saturated fat

Mini APPLE MUFFINS



TIP
Add some ginger to the mix to put an extra 'zing' in your step!

G.I.
49
LOW

| NUTRITION INFO | per serve | per 100g |
|----------------|-----------|----------|
| Energy | 770 kJ | 827 kJ |
| Protein | 5.0g | 5.6g |
| Total fat | 3.7g | 4.0g |
| Saturated fat | 0.7g | 0.8g |
| Sugar | 14.0g | 15.2g |
| Sodium | 163mg | 176mg |
| Fibre | 2.0g | 2.2g |

Mini APPLE MUFFINS

INGREDIENTS (WET)

- 1 apple (grated) ◆
- 1 egg ◆
- 1 tablespoon low-fat low-salt canola margarine ◆
- 1 tablespoon honey ◆
- 1/3 cup skim milk ◆
- 1/2 teaspoon crushed ginger (optional – from jar) ◆

INGREDIENTS (DRY)

- 3/4 cup self-raising flour ◆
- 1/2 cup rolled oats ◆
- 1/4 cup sultanas (or other dried fruit) ◆
- 1+1/2 tablespoons skim milk powder ◆

STORAGE: FREEZING: REHEATING:

METHOD

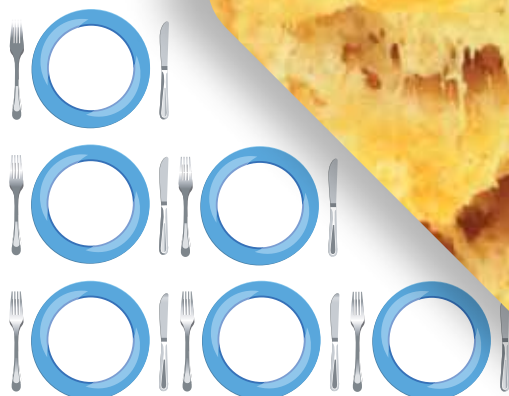
- 1 Preheat oven to 200°C.
- 2 In a mixing bowl, mix all wet ingredients.
- 3 In a separate mixing bowl, combine all dry ingredients.
- 4 Pour the wet mixture over the dry ingredients, and mix to form dough.
- 5 Spray a muffin tray lightly with canola oil spray.
- 6 Spoon the dough onto the muffin tray.
- 7 Bake in oven for 20 minutes or until golden.
- 8 Allow muffins to cool before removing them from the tray.



↓sugar

CHEESY SCONES

SNACKS



| NUTRITION INFO | per serve | per 100g |
|----------------|-----------|----------|
| Energy | 500 kJ | 940 kJ |
| Protein | 5.0g | 9.6g |
| Total fat | 3.0g | 5.5g |
| Saturated fat | 1.3g | 2.4g |
| Sugar | —0— | —0— |
| Sodium | 200mg | 372mg |
| Fibre | 0.9g | 1.6g |

G.I.
32
LOW

STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Preheat oven to 200°C.
- 2 Lightly dust a baking tray with flour.
- 3 Sift flour and stir in grated cheese.
- 4 Mix margarine into flour until the mixture becomes crumbly dough.
- 5 Sprinkle some flour on a cutting board, then roll the dough out to 1.5 cm thick.
- 6 Cut the dough into 6 portions and place on the baking tray.
- 7 Brush the tops of the dough with skim milk and bake for 10 minutes until golden.

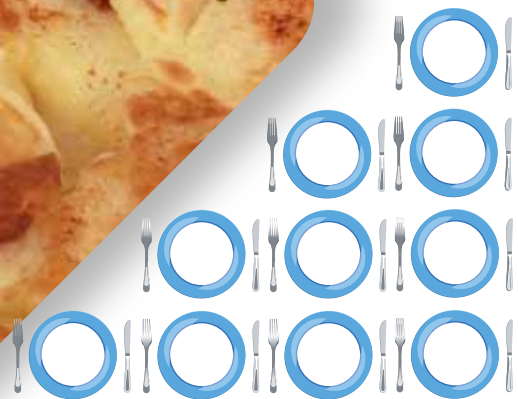
CHEESY SCONES

INGREDIENTS

- ◆ 1 cup self-raising flour
- ◆ 2 tablespoons low-fat low-salt cheese (grated)
- ◆ 2 teaspoons low-salt canola margarine
- ◆ 1/2 cup skim milk
- ◆ 1 teaspoon skim milk powder

↓fat ↓saturated fat ↓salt

APPLE AND CINNAMON PANCAKES



TIP
Use other fruit (bananas, pears, blueberries) instead of apples

G.I.
42
LOW

| NUTRITION INFO | per serve | per 100g |
|----------------|-----------|----------|
| Energy | 320 kJ | 420 kJ |
| Protein | 3.0g | 3.6g |
| Total fat | 0.7g | 1.0g |
| Saturated fat | 0.2g | 0.3g |
| Sugar | 7.0g | 9.0g |
| Sodium | 92mg | 120mg |
| Fibre | 1.0g | 1.4g |

STORAGE: 

FREEZING: 

REHEATING:  

APPLE AND CINNAMON PANCAKES *INGREDIENTS*

- 1 egg ◆
- 1 cup skim milk ◆
- 3/4 cup self-raising flour ◆
- 2 apples (grated) ◆
- 1 tablespoon sugar ◆
- 1/2 teaspoon cinnamon (powder) ◆
- 1 teaspoon skim milk powder ◆
- canola oil cooking spray ◆
- low-fat yoghurt ◆
- (optional – topping)

METHOD

- 1 In a mixing bowl, combine the egg and milk, then add flour and mix to a batter.
- 2 Into the batter mix the apples, sugar and cinnamon.
- 3 Spray a fry pan with canola oil, and place it on stove top over a low heat.
- 4 Drop a tablespoon of the batter mix into the fry pan, and cook until bubbles rise to the top of the batter, then flip over.
- 5 Serve pancake with a low-fat yoghurt topping.

↓fat ↓saturated fat ↓salt

FRUIT SALAD

SNACKS


V



| NUTRITION INFO | per serve | per 100g |
|----------------|-----------|----------|
| Energy | 395 kJ | 227 kJ |
| Protein | 1.6g | 0.9g |
| Total fat | 0.15g | 0.1g |
| Saturated fat | —0— | —0— |
| Sugar | 18.6g | 10.7g |
| Sodium | 5.5mg | 3.2mg |
| Fibre | 3.8g | 2.2g |

G.I.
48
LOW

TIP
Use fresh or
canned fruit –
or a mix – any fruit
can be used
to taste

STORAGE:  FREEZING:  REHEATING: 

METHOD

- 1 Cut apple in halves, remove core, cut into cubes and add to bowl.
- 2 Peel and slice the banana; add to the bowl.
- 3 Cut kiwi fruit in half, scoop the flesh out of the skin, slice it and add to the bowl.
- 4 Remove stalks from strawberries, slice them, and add to the bowl.
- 5 Pour the pineapple pieces and juice into the bowl.
- 6 Add a sprinkle of ginger to taste, if desired.
- 7 Mix all together and serve.

FRUIT SALAD INGREDIENTS

- ◆ 1 apple (cubed)
- ◆ 1 banana (sliced)
- ◆ 2 kiwi fruit (scooped and cubed)
- ◆ 6 strawberries (sliced – optional)
- ◆ 1 small tin pineapple pieces in juice
- ◆ 1 teaspoon crushed ginger (optional – from jar)

*a DELICIOUSLY HEALTHY
AND NATURALLY SWEET TREAT!*