

Healthy Snacks



Ryvita crisp bread with cheese and tomato



Quark: Low Fat Soft Cheese



Whole wheat muffin, egg, tomato, spinach



Carrots, peppers, cucumbers, pitta bread and hummus



Plain yoghurt with nuts and berries



Cream cheese on wholemeal bagel: add avocado



Peanut Butter LOW sugar and salt: 1 tsp on toast



Home made pitta pizza, toppings: mushrooms, olives, pep-



Mixed fruit/fruit kebabs with fresh fruit or tinned fruits (in WATER with no added sugar)



Wholemeal Pitta bread stuffed with chicken and/or guacamole



Custard: use skimmed milk!



Boiled egg



Carrot sticks/pitta bread with hummus



Rice cakes (add peanut butter and bananas!)



Veg and cheese, whole wheat wraps



