

# snack ideas.



Snacking can be nourishing, satisfying and fun! It's all about choosing food you enjoy. Whether you're after something sweet or savoury here are some quick snack ideas:

## sweet ideas.

- Fruit salad
- Yoghurt, berries & a sprinkle of oats
- Apple slices & peanut butter
- Fruit smoothie made with milk, fruit & oats
- Bliss balls
- Chia pudding with fruit
- Dates & peanut butter
- Apple with cinnamon & yoghurt

## savoury ideas.



- Veggie sticks & hummus
- Egg slice
- Cherry tomatoes, cucumber & cheese
- Roasted chickpeas with smoked paprika
- Zucchini & spinach tots
- Roast vegetable frittata
- Boiled egg, avocado & wholegrain toast
- Banana, peanut butter & wholegrain toast
- Popcorn & veggie sticks
- Zesty pesto pasta salad
- Sweet potato, salmon & pea fishcakes
- Quinoa, feta, roasted capsicum & corn muffins



NATIONAL  
NUTRITION  
FOUNDATION