

Happy Snacks



Happy snack cups

1. Provide a selection of cut up fruit and vegetable items
2. Students fill a cup with their chosen items
3. Add a topping – a dollop of yoghurt for a fruit salad cup or some cheese or dip (e.g. hummus or guacamole) for the vegetable cup.

Cucumber boats

1. Top and tail a cucumber and slice lengthways
2. Spoon out the seeds to make long boat/ U-shape
3. Cut into ~5cm long pieces
4. Mix some cottage or ricotta cheese with some finely chopped fresh herbs of your choice (parsley, basil, spring onions etc.)
5. Fill the pieces of cucumber with the cheese mix and serve

Cucumber dip bowls

1. Cut cucumber into 3-4cm lengths
2. With a teaspoon or melon baller, remove $\frac{3}{4}$ of the seeds to create a small cup
3. Fill the cup with hummus or guacomole and serve with assorted veggie sticks or wholegrain crackers

Grilled banana skewers

1. Peel banana and cut in half length ways
2. Insert skewer that has been soaked in water and grill each side until grill marks are visible and banana starts to caramelize
3. Serve with sprinkled coconut or cinnamon

Baked kale or Brussel sprout chips

1. Remove kale or Brussel sprout leaves from their stalk
2. Wash, shake dry, then pat dry with paper towel or a clean tea towel
3. Use olive oil spray to lightly cover the leaves
4. Add kale to a lined baking tray and bake at a medium heat (pre-heated) for 10-15 mins or until the edges are lightly brown. Check regularly to make sure they don't burn

Veggie vases

1. Cut a slit in multi coloured cherry tomatoes and slide in a small floret of broccoli or cauliflower
- Source: <https://www.parents.com/recipe/veggie-vases/>

Banana man

1. Cut bananas into 3 cm pieces
2. Dob a spoonful of cottage/ricotta cheese on each piece of banana
3. Press the sultana (the eyes) and dried apricots (the smile) into the topping to make a smiley face

Adapted from: A practical guide for implementing the NSW healthy school canteen strategy. Canteen menu resource 2017. Northern NSW Local Health District.



Oven roasted chickpeas

1. Rinse and dry a can of chickpeas
2. Mix with a small amount of olive oil and herbs/spices of your choice (paprika/mixed herbs/garlic powder etc.)
3. Bake until crispy

Ants on a log

1. Cut pieces of celery (log) into 6-7cm lengths
2. Fill the celery with an Everyday spread such as cottage/ricotta cheese or reduced fat cream cheese
3. Sprinkle the top with sultanas (ants)

Vegetable pikelet fruit sandwich

1. Add some cooked and mashed pumpkin to your favourite pikelet recipe
2. Cook pikelets slightly smaller than average size
3. Between two pikelets spread a small amount of Greek yoghurt and add some sliced strawberries, kiwi, banana or passionfruit pulp

Mini Mexican vegie bowls

1. Sauté finely diced onion, carrot, and capsicum until soft
2. Add a can of Mexican beans and stir together until warm
3. Use an egg ring to cut tortillas into disks
4. Line a muffin tray with the tortilla disks
5. Bake at medium temp until lightly brown
6. Remove and add a spoonful of the veggie/bean mix and sprinkle with some cheese to serve

Sugar snap pea boats

1. Top and tail some sugar snap peas
2. Split the sugar snap peas down the middle but don't separate completely
3. Remove the peas and put aside
4. Fill the inside with hummus and then line the removed peas along the top

Adapted from: <https://www.superhealthykids.com/sugar-snap-boats-bugs-and-butterflies/>

Rainbow fruit cups

1. Blend separately three different coloured fruits into a puree e.g. kiwi fruit, raspberries, mango or blueberries. If using frozen allow to partially defrost first
2. Fill plastic cups a third of the way with one coloured fruit puree and freeze for 30 mins, add a popsicle stick and freeze for a further 3 hours
3. Add another coloured fruit puree and freeze for another 3 hours
4. Add the final coloured fruit puree and freeze overnight

Adapted from: <https://www.skinnytaste.com/frozen-mango-kiwi-raspberry-pops/>

Hulk green fritters (Peas, parsley and zucchini)

Makes 50

Ingredients:

- 1.5 kg green peas
- 7 Tbsps parsley
- 10 eggs
- 750g ricotta
- 2 cups wholemeal flour
- 3 x large zucchinis
- salt & pepper, to taste



Method:

1. Smash peas and grate zucchini, combine in bowl with parsley, egg and flour
2. Add salt and pepper
3. Mix through ricotta
4. Spoon into frypan and cook on medium high for ~2 mins a side, or until golden brown
5. Serve plain with sweet chili sauce, with a salad or in a sandwich

Tips:

- Freezes well, reheat in microwave or pie oven
- Serve one as a snack or two to three with a meal (wrap, sandwich, salad)
- Freezes well, defrost and reheat in the microwave

Source: A practical guide for implementing the NSW healthy school canteen strategy. Canteen menu resource 2017. Northern NSW Local Health District.

Pizza-pops

Makes 10

Ingredients:

- 10 cherry tomatoes
- 10 bocconcini
- 10 basil leaves

Method:

1. Cut pita into triangles
2. Make a small incision into cherry tomato for paddle pop sticks to go into
3. Push paddle pop stick through pita, tomato, basil leaf and then through a bocconcini ball
4. Serve fresh stacked on a platter



Source: A practical guide for implementing the NSW healthy school canteen strategy. Canteen menu resource 2017. Northern NSW Local Health District.