

Quick, easy, tasty & healthy snacks for sleepers

It can be really hard to find snack options that are easy, small enough and actually taste good while giving you some nutrition. Try some of these options to spice up your day.

Savoury snacks

- ✓ 2 Vita-Weats (or 4 of the Vita-Weat round crackers) w 2 slices of cheese, a spread of avocado and a few cherry tomatoes.
- ✓ Celery, carrot or Lebanese cucumber sticks with a mini cream cheese or hummous pot. Add a few olives for extra flavour!
- ✓ Cherry tomato kebabs - stick a toothpick through a cherry tomato and baby bocconcini.
- ✓ A mini frittata muffin. Make your own (half a regular recipe) and cook them in mini muffin tins. They freeze well so they'll keep for ages.
- ✓ 1-2 mini corn fritters with a dollop of Greek yoghurt. Another option to cook in a batch and freeze in individual portions.
- ✓ A 25g packet of Chic Nuts Roasted Chickpeas or Broadbeans. A great alternative to chips!
- ✓ A slice of ham, turkey or chicken with a slice of cheese and a few pieces of baby spinach rolled up into a little finger roll.
- ✓ A hardboiled egg with a little bit of tomato salsa for flavour.
- ✓ 2 tbsp Chobani yoghurt dip with vegie sticks and/or crackers
- ✓ A slice of smoked salmon with a little bit of cream cheese on a crispbread (like a Vita-Weat or Ryvita)

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Sweeter snacks

- ✓ A small tub of yoghurt with (or without) a sprinkle of trail mix. I like Chobani, 5am or Farmers Union Greek-style yoghurts.
- ✓ 1/2 an apple, sliced and eaten with a tbsp of nut butter or cream cheese.
- ✓ 1/2 cup of cereal or natural muesli with 1/2 cup skim milk. Just be sure to choose one that is high in fibre and protein and low in sugar.
- ✓ 1/4 cup of dried fruit and nut mix. Supermarkets now have bulk bins with a million different combos - buy in bulk, then portion them out.
- ✓ A small protein ball. Often for sale in cafes in smaller balls, but if you get stuck, try a Bounce Ball, just be wary that half may be enough.
- ✓ A chocolate-coated strawberry! If you're going to do it, do it right I say - and the bonus is you get some fibre as well!
- ✓ 1/2 cup of fruit smoothie - make it on milk so you get some protein and add in fruit of your choice. This is a great way to use up dying fruit!
- ✓ A fig, cut in half, with a little bit of goats cheese on each half - yum!
- ✓ 1/2 cup fruit salad with a spoon of yoghurt.
- ✓ A mini tortilla wrap with peanut butter and a few slices of banana

Essentials for healthy & easy lunches

1 From the fresh food section...



Choose any fresh vegies you like, but **cherry tomatoes** and **baby spinach** are winners as no prep needed!



Packed with healthy fats & fibre, **avos** are delicious. Try the squeezey tube for a longer-lasting option.



Any fruit is a good option, but berries and bananas make winning combos!

2 From the fridge...



Cream cheese is an easy protein option and the little packs are perfect portions!



Hummus and Chobani dips are great high-protein options. The mini tubs to minimise waste, too.



Sliced ham, turkey or chicken make an easy protein base for any snack.



Sliced cheese for the home or office fridge to add to a combo or just have on it's own as a snack.



Greek yoghurt is higher in protein and can be used for savoury or sweet snacks.

3 From the aisles...



Mini flour tortillas are a good option for a snack (sometimes half will do) or even a base for lunch



Nuts, Seeds & Dried Fruit make a great snack and come in endless flavour combinations!



Crispbread is often easier to eat than bread and last longer in your drawer. Just be sure to get a grainy one.