

Snack Based Recipes

Salsa

2 spring onions, finely sliced

4 tomatoes (about 650g), seeds removed, finely diced

1 each of red, yellow and green capsicum, seeds removed, finely diced

4 tbs (1/3 cup) roughly chopped flat-leaf parsley, plus extra to sprinkle

1/4 cup (60ml) olive oil

Juice of 1 lime

To make the fresh salsa, combine the spring onion, tomato, capsicum, parsley, olive oil and lime juice. Season with salt and pepper.

Use corn chips as dippers. Can also use baked tortillas sprayed with cooking oil and baked for a few minutes in a hot oven.

Nachos

Use the above salsa mix and top with light grated cheese and bake until warmed through and cheese is melted. Add a dollop of light sour cream

Bread snails

Cut crusts from bread. Spread with cream cheese and vegemite. Roll up bread. Cut into pieces about 3 cms wide. Secure with tooth pick. You can leave last couple of centimetres open and cut lengthwise to create 2 antennae.

Try other fillings such as peanut butter, jam, thin sliced meats, etc.

Wraps

We used Mountain Bread as it is nice and thin and easy to roll. Being square it makes it easier to cut as well..

Fill with your choice of healthy fillings then cut into rolls to serve. It is a good tip to wrap in plastic film and put into fridge for an hour or so. This makes cutting easier and stops the wrap from un-rolling.

Fruit Kebabs

Using wooden skewers tread on fruit of your own choice. Makes a colourful way to eat fresh fruit. If using apple and pears and it is not to be eaten right away dip fruit into lemon or orange juice to stop it going brown.