

Snacky Stuff

Easter Snacks



Eggs-traordinary Easter Chicks (Serves 1)

Ingredients

1 eggs
1 teaspoon reduced fat mayonnaise
Carrot
Black olive
1 spring onion (finely chopped)

Equipment

Saucepan, knife, egg cup, egg timer, teaspoon, bowl

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
89	MEDIUM	MEDIUM	LOW	LOW
Kcal	6.8	1.8	0.4	0.3

Method

1. Place the eggs into a saucepan and cover with cold water
2. Heat the pan of water until simmering, then start the egg timer for 7 minutes
3. After 7 minutes place the pan under cold running water for around one minute and then leave in the cold water for around 2 minutes. (This stops the eggs from cooking anymore!)
4. When the eggs are cool, roll the egg on a chopping board to crack the shell and carefully peel the shell away
5. Rinse the eggs under cold water to wash away any shell stuck to the egg
6. Use the knife to cut a zigzag pattern around 2/3 of the way up the egg. Carefully remove the top section
7. Use a teaspoon to carefully scoop out the yolk and place into a bowl. Mix with the mayonnaise
8. Place the egg white into the egg cup and fill with the chopped spring onion
9. Place the egg yolk mixture on top of the spring onion and egg white. Push small pieces of olive and carrot into the egg yolk to look like a pair of eyes and a beak
10. Top with the remaining third of the egg white

Easter Bunny (Serves 1)

Ingredients

2 field mushrooms
½ radish
2 sprigs dill
1 small cube of cheese (around 1x2cm)
1 black olive
3 chantenay carrots

Equipment

Chopping board, knife, paper towel

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
54	LOW	LOW	LOW	LOW
Kcal	2.4	0.8	3.7	0.5

Method

1. Clean the mushrooms using a damp piece of kitchen paper
2. Lay one mushroom flat with the gills facing downwards
3. Cut two ear shaped pieces from the second mushroom and place them at the top of the whole mushroom to represent the ears of the rabbit
4. Place the radish in the middle of the mushroom and tuck the sprigs of dill underneath to represent whiskers
5. Place the cheese underneath the radish to represent teeth and use the olives to represent eyes
6. Serve with the chantenay carrots