

Snacky Stuff

Winter Snacks



Chunky Winter Soup

Ingredients

- 2 carrots (cut into chunks)
- 50g small pasta shapes
- Small can butter beans (drained and rinsed)
- 1 litre low salt vegetable stock
- 1 onion (finely chopped)
- 1 tomato (peeled and deseeded)
- 1 tablespoon tomato puree
- 1 teaspoon mixed herbs
- 1 teaspoon olive oil

Equipment

Chopping board, knife, saucepan

Method

1. Heat the olive oil in a saucepan and fry the onions until soft but not coloured
2. Add the carrots and tomato to the saucepan and allow to cook for 2 minutes
3. Cover with the stock and add the beans, mixed herbs, tomato puree and pasta
4. Simmer until the liquid has reduced, the carrots are tender and the pasta is cooked

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
105	LOW	LOW	MEDIUM	MEDIUM
Kcal	2.2	0.3	7.6	0.9

Honey Muffins

(Serves 8)

Ingredients

- 200g plain low fat yoghurt
- 200g oats
- 2 tablespoons honey
- 2 tablespoons vegetable oil
- 250g wholemeal flour
- 1 teaspoon baking powder

Equipment

Mixing bowl, wooden spoon, muffin tray, muffin cases, oven

Method

1. Mix together the oats, flour, baking powder in the mixing bowl
2. Make a well in the middle of the flour and add the yoghurt, honey and vegetable oil. Mix well
3. Line the muffin tray with 8 paper cases and divide the mixture equally between the cases
4. Bake at 175°C until lightly browned

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
256	MEDIUM	LOW	MEDIUM	LOW
Kcal	6.8	0.7	5.4	0.1