

Snacky Stuff

Farmyard Snacks



'Chicken Feed' (Serves 2)

Ingredients

25g plain popcorn
30g dried apricots (chopped)
25g puffed rice
1 tablespoon sunflower seeds
25g chocolate covered raisins

Equipment

None

Method

- Mix together all ingredients and serve!

Each suggested portion contains

| Calories | Fat (g) | Saturates (g) | Sugars (g) | Salt (g) |
|----------|---------|---------------|------------|----------|
| 246 | MEDIUM | MEDIUM | MEDIUM | MEDIUM |
| Kcal | 11 | 1.9 | 15.9 | 0.3 |

Tractor (Serves 1)

Ingredients

1 ¼ cream crackers
2 slices cucumber
2 slices carrot
1 green bean
Reduced fat red pepper houmous

Equipment

Chopping board, knife

Method

- Spread the crackers with houmous and place on to a plate in an L shape to create the body of the tractor and smooth the houmous over the join
- Use the cucumber and carrot slices to represent the wheels of the tractor and the green bean to create the funnel

Each suggested portion contains

| Calories | Fat (g) | Saturates (g) | Sugars (g) | Salt (g) |
|----------|---------|---------------|------------|----------|
| 69 | MEDIUM | MEDIUM | LOW | MEDIUM |
| Kcal | 3.1 | 0.7 | 1 | 0.23 |

Potato Sheep (Serves 2)

Ingredients

1 small potato (washed and dried)
4 olives
2 teaspoons cottage cheese
2 teaspoons low fat soft cheese
2 tablespoons low fat cheese (grated)
1 teaspoon olive oil

Equipment

Oven, knife, chopping board, fork, bowl, plate

Method

- Use the fork to prick the skin of the potato, rub in the olive oil then bake at 230°C for around 45 minutes or until soft all of the way through
- Allow the potato to cool slightly then cut in half and scoop out the inside. Place the potato flesh into the bowl and mix with the soft cheese and grated cheese
- Scoop the mixture back into the potato skins and place onto the plate
- Place one teaspoon of cottage cheese onto the potato to represent the head of the sheep, then use one olive to create eyes and ears
- Cut another olive into 2 strips and use these as the legs of the sheep

Each suggested portion contains

| Calories | Fat (g) | Saturates (g) | Sugars (g) | Salt (g) |
|----------|---------|---------------|------------|----------|
| 166 | MEDIUM | MEDIUM | LOW | MEDIUM |
| Kcal | 6.7 | 2.8 | 2.4 | 1.1 |