



# The healthy snack guide

20 easy, low-cost and delicious recipes



# About Health and Wellbeing Queensland

Health and Wellbeing Queensland is the state’s dedicated health prevention agency.

This collection of healthy snack recipes has been developed by our expert team of Dietitians and public health nutritionists. With a mix of sweet and savoury options, they are designed to nourish your body, boost your energy and help you feel your best throughout the day.

For more healthy recipes, visit [hw.qld.gov.au/healthy-recipes](http://hw.qld.gov.au/healthy-recipes)



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# Cottage cheese muffins

 6 serves

 1.0 serves of vegetables

 0 serves of fruit

These golden muffins are a great snack to whip up before a busy week ahead. Feel free to use your favourite veggies in the filling.

### INGREDIENTS

- Spray oil
- 250g frozen chopped spinach, thawed
- 6 eggs, whisked
- ½ cup low-fat cottage cheese^
- 2 spring onions, thinly sliced\*
- ½ cup fresh basil leaves, shredded
- 1 cup cherry tomatoes, halved\*

### METHOD

- 1 Pre-heat oven to 180°C (160°C fan-forced). Lightly spray six holes of a 1 cup (250mL) muffin pan with spray oil.
- 2 Using your hands, squeeze the chopped spinach over a colander to remove excess liquid. Discard of the liquid and transfer the spinach to a large mixing bowl.
- 3 Add the whisked eggs, cottage cheese, spring onion and basil to the bowl. Mix to combine.
- 4 Divide mixture evenly into the prepared pan. Press the halved cherry tomatoes into the top of the muffin cups.
- 5 Bake for 25 minutes or until golden and firm to touch. Allow to cool before serving.

### NUTRITION

| Serving size:<br>159g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 423kj          | 267kj       |
| Fat                   | 4.9g           | 3.1g        |
| Saturated fat         | 1.4g           | 0.9g        |
| Carbohydrates         | 4.3g           | 2.7g        |
| Sugars                | 2.4g           | 1.5g        |
| Fibre                 | 2.6g           | 1.6g        |
| Protein               | 10.2           | 6.5g        |
| Sodium                | 153mg          | 96mg        |

### RECIPE NOTES

Vegetables can also be swapped for others you may have on hand, such as grated zucchini, chopped capsicum or grated carrot.

Feel free to substitute the cottage cheese for whatever cheese you may have, such as grated low-fat tasty cheese or low-fat crumbled feta.

Refrigerate in an airtight container for up to 3 days.

^ To make Dairy Free: replace the cottage cheese with half a cup of grated firm tofu.  
\* Cherry tomatoes can also be substituted for one large tomato, cut into sixths.  
Spring onions can also be substituted for ¼ red onion, finely diced.



# Pumpkin hummus



8 serves



0 serves of vegetables



0.5 serves of fruit

A versatile, flavourful dip packed with fibre, perfect for wraps, sandwiches, salads, or as a side.

## INGREDIENTS

- 1 ½ cups pumpkin, peeled and cubed
- 400g can chickpeas\*, rinsed and drained
- 1 tsp cumin powder
- 1 lemon, juiced
- 1 tbsp tahini
- 3 tbsp olive oil
- 2 cloves garlic
- ½ tsp reduced salt vegetable stock powder\*
- Pepper, to taste
- Pepitas, to serve (optional)
- Vegetable sticks, to serve

## METHOD

- 1 Preheat oven to 180°C. Line a baking tray with baking paper.
- 2 Place pumpkin on the baking tray and toss in 1 tablespoon of olive oil. Bake for 25 minutes. Set aside to cool.
- 3 Add roasted pumpkin, chickpeas, cumin, lemon juice, tahini, remaining olive oil, garlic, stock powder, and pepper to a food processor and blend until smooth.
- 4 Transfer to a bowl and sprinkle with pepitas (optional).
- 5 Serve with vegetable sticks.

Recipe originally published by [Queensland Country Women's Association](#) Country Kitchens team, and adapted by Health and Wellbeing Queensland

## NUTRITION

| Serving size:<br>93g | Per<br>serving | Per<br>100g |
|----------------------|----------------|-------------|
| Energy               | 552kj          | 592kj       |
| Fat                  | 9.3g           | 10          |
| Saturated fat        | 1.4g           | 1.5g        |
| Carbohydrates        | 7.1g           | 7.6g        |
| Sugars               | 2.6g           | 2.8g        |
| Fibre                | 3.4g           | 3.7g        |
| Protein              | 3.1g           | 3.3g        |
| Sodium               | 128g           | 137mg       |

## RECIPE NOTES

Vegetable sticks could include any you have on hand such as carrot, celery, cucumber, green beans, capsicum or snow peas.

Pumpkin can be stored in an airtight container in the fridge for 3 days.

Depending on your child’s age and skill, they can help measure the ingredients, add ingredients to the food processor, and select the vegetables to include alongside the dip.

\* For Gluten Free: check the products are ‘gluten free’.



SAVOURY

GLUTEN FREE

NUT FREE

# Salmon and leek frittata

8 serves 0.6 serves of vegetables 0 serves of fruit

This salmon and leek frittata is bound to be a household favourite, a delicious snack to make and enjoy throughout the week.

## INGREDIENTS

1 tbsp olive oil  
2 medium potatoes, thinly sliced  
1 medium leek, thinly sliced\*  
6 eggs  
½ cup low-fat milk^  
¼ cup fresh dill, roughly chopped\*  
½ tsp cracked pepper  
¾ cup frozen green peas, thawed  
200g canned salmon  
in springwater, drained

## METHOD

- 1 Pre-heat oven to 200°C (180°C fan-forced). Line a 15cm x 30cm rectangle slice pan with baking paper.
- 2 Heat olive oil in a large non-stick saucepan over moderate heat. Add the potatoes and leek and cook lightly for 5-6 minutes or until softened. Scatter the cooked vegetables over the base of the prepared rectangle slice pan.
- 3 Lightly whisk the eggs, milk, dill and cracked pepper together in a medium mixing bowl. Pour mix over the top of the cooked vegetables in the pan. Lightly press the green peas and salmon pieces into the top.
- 4 Bake for 45 minutes or until golden and firm. Transfer to a wire cooling rack, then cut into 8 slices once cool.

## NUTRITION

| Serving size:<br>152g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 527kJ          | 347kJ       |
| Fat                   | 5.7g           | 3.8g        |
| Saturated fat         | 1.3g           | 0.9g        |
| Carbohydrates         | 7.3g           | 4.8g        |
| Sugars                | 3.1g           | 2.0g        |
| Fibre                 | 2.4g           | 1.6g        |
| Protein               | 10.1g          | 6.7g        |
| Sodium                | 126mg          | 83mg        |

## RECIPE NOTES

This recipe can be adapted based on what vegetables you have available, such as grated zucchini, frozen spinach or canned corn.

Depending on your child's age and skill, they can help with whisking the egg mixture and adding the ingredients into the pan.

Refrigerate pieces in an airtight container for up to 4 days.

^ To make Dairy Free: replace the low-fat milk with your preferred non-dairy calcium fortified alternative, for example, almond milk or soy milk.  
~ Feel free to swap the leek for one sliced brown onion. Fresh dill can also be replaced with one teaspoon of dried dill.



# Lentil and sweet potato patties

6 serves

1.5 serves of vegetables

0 serves of fruit

These plant-based patties make a tasty snack that are easy to grab when on the go.

## INGREDIENTS

- 2 medium sweet potatoes, peeled, cut into 2cm cubes
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp cracked pepper
- 400g can brown lentils, rinsed and drained
- 60g baby spinach, shredded
- ¼ cup wholemeal plain flour\*
- 2 tsp olive oil
- 1 lemon, cut into wedges

## METHOD

- 1 Cook the sweet potato pieces in a large saucepan of boiling water. Cook for 10 minutes or until tender. Drain well. Place in a large heatproof bowl and mash with a fork until smooth.
- 2 Add the cumin, paprika, cracked pepper, lentils, spinach and flour to the bowl and mix to combine.
- 3 Using damp hands, shape the mixture into 12 x 2cm thick patties.
- 4 Heat oil in a large non-stick frypan over medium-high heat. Cook the patties in batches, for 2-3 minutes each side or until golden.

## NUTRITION

| Serving size:<br>222g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 772kJ          | 348kJ       |
| Fat                   | 2.2g           | 1.0g        |
| Saturated fat         | 0.3g           | 0.2g        |
| Carbohydrates         | 29.9g          | 13.5g       |
| Sugars                | 8.7g           | 3.9g        |
| Fibre                 | 7.7g           | 3.5g        |
| Protein               | 7.0g           | 3.2g        |
| Sodium                | 166mg          | 75mg        |

## RECIPE NOTES

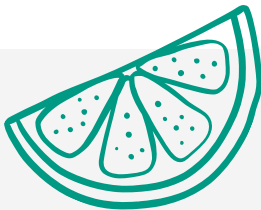
These patties can also be served with some low-fat Greek yoghurt for dipping.

They also work well as a sandwich or wrap filling when paired with some fresh chopped veggies.

Depending on your child’s age and skill, they can help mashing the sweet potato, mixing the ingredients together and moulding the mixture into patties.

Refrigerate in an airtight container for up to 3 days.

\* To make Gluten Free: replace plain flour for gluten-free flour, almond meal or crushed corn flakes.



SAVOURY

GLUTEN FREE

DAIRY FREE

# Spiced mixed nuts

20 serves 0 serves of vegetables 0 serves of fruit

Toasted with cinnamon and honey, these spiced nuts are great to toss through salads, wrap up as a gift, or simply be eaten on their own!

## INGREDIENTS

1 ½ tbsp honey\*  
1 tbsp olive oil  
1 tsp ground cinnamon  
3 cups mixed unsalted raw nuts

## METHOD

- 1 Pre-heat oven to 180°C (160°C fan-forced).
- 2 Place the honey, olive oil and cinnamon in the bottom of a medium mixing bowl. Whisk together to combine.
- 3 Pour in the mixed nuts one cup at a time and mix well to coat before adding the next cup. Pour the nuts onto a large baking tray and shake to form an even layer. Bake for 12-15 minutes, until nuts are toasted and fragrant.
- 4 Remove from oven and allow to cool before storing in an airtight container.
- 5 Serve alongside a piece of fruit or vegetable sticks.

## NUTRITION

| Serving size:<br>22g | Per<br>serving | Per<br>100g |
|----------------------|----------------|-------------|
| Energy               | 567kJ          | 2547kJ      |
| Fat                  | 12g            | 53.9g       |
| Saturated fat        | 1.2g           | 5.2g        |
| Carbohydrates        | 3.4g           | 15.1g       |
| Sugars               | 2.6g           | 11.8g       |
| Fibre                | 1.7g           | 7.5g        |
| Protein              | 3.2g           | 14.6g       |
| Sodium               | 1.0mg          | 4.3mg       |

## RECIPE NOTES

Choose your favourite unsalted raw nuts for this recipe or use what you have on hand such as cashews, almonds, hazelnuts or walnuts. 'Raw' nuts are any nuts that have not been roasted or seasoned.

These spiced nuts will keep in an airtight container at room temperature for up to 3 weeks.

Depending on your child's age and skill, they can help select the nuts to include, and combine and coat the nuts.

\* To make Vegan: replace honey with pure maple syrup. Enjoy this recipe as part of a balanced dietary pattern.



# Avocado salsa and pita chips

12 serves   1 serves of vegetables   0 serves of fruit

Featuring fresh ingredients like avocado, chilli, coriander, and corn, this recipe is both easy to make and healthy. Making your own pita chips provides a lower salt alternative to packaged corn chips.

### INGREDIENTS

- 8 pita breads\*
- 3 avocados, destoned and roughly chopped
- 1 medium tomato, finely chopped
- 2 long red chilli, deseeded and finely diced
- 1 bunch coriander, chopped
- ½ red onion, finely diced
- ½ cup corn kernels
- 2 limes, juiced
- Pepper

### METHOD

- 1 Preheat the oven to 180°C.
- 2 Cut pita bread into triangles, place on a tray and bake for 10-15 minutes or until golden and crispy.
- 3 Combine remaining ingredients in a bowl, mix well and season with pepper.
- 4 Garnish with extra coriander and chilli and serve.

### NUTRITION

| Serving size:<br>126g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 782kj          | 622kj       |
| Fat                   | 6.3g           | 5.0g        |
| Saturated fat         | 1g             | 0.8g        |
| Carbohydrates         | 23.7g          | 18.9g       |
| Sugars                | 2.6g           | 2.0g        |
| Fibre                 | 7g             | 5.6g        |
| Protein               | 5.1g           | 4.1g        |
| Sodium                | 213mg          | 169mg       |

### RECIPE NOTES

Pita bread can be swapped for wholegrain crackers or gluten free cracker alternatives you may have on hand. Increase your vegetable intake even more by adding some veggie sticks alongside.

The avocado salsa can be stored in an airtight container in the fridge for 2 days. To prevent the avocado from browning, press a piece of plastic wrap directly onto the surface of the salsa to minimise air exposure.

\* To make Gluten Free: replace pita breads with gluten-free pita bread alternative.



SAVOURY

GLUTEN FREE

NUT FREE

# Chicken and veg nuggets

5 serves 1.2 serves of vegetables 0 serves of fruit

These tasty chicken 'nuggets' are bursting with plenty of veg and fresh flavours. Enjoy with our yoghurt dipping sauce and add some fresh veggie sticks.

## INGREDIENTS

### CHICKEN AND VEG NUGGETS

125g frozen chopped spinach, thawed

1 zucchini, grated

1 carrot, grated

400g chicken mince

2 spring onions, finely sliced\*

¼ cup fresh flat leaf parsley, shredded\*

2 garlic cloves, minced

2 tsp olive oil

### YOGHURT DIPPING SAUCE

½ cup low-fat Greek yoghurt

1 small garlic clove, minced

¼ cup fresh flat leaf parsley, shredded\*

½ tsp cracked pepper

## METHOD

- 1 Using your hands, squeeze the chopped spinach, zucchini and carrot over a colander to remove excess liquid. Discard of the liquid and transfer the vegetables to a large mixing bowl.
- 2 Add the chicken mince, spring onion, parsley and garlic to the bowl and mix well to combine.
- 3 Using damp hands, shape the mixture into 20 small nuggets.
- 4 Heat oil in a large non-stick frypan over medium-high heat. Cook the nuggets in batches, for 2-3 minutes each side or until golden brown. Set aside to cool.
- 5 Meanwhile, prepare the yoghurt dipping sauce. Combine all ingredients together in a small bowl and mix to combine.

## NUTRITION

| Serving size:<br>212g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 743kJ          | 351kJ       |
| Fat                   | 7.6g           | 3.6g        |
| Saturated fat         | 2.2g           | 1.0g        |
| Carbohydrates         | 7.2g           | 3.4g        |
| Sugars                | 5.0g           | 2.3g        |
| Fibre                 | 3.5g           | 1.7g        |
| Protein               | 19.2g          | 9.1g        |
| Sodium                | 112mg          | 53mg        |

## RECIPE NOTES

Vegetables can be swapped for others you may have on hand, such as grated sweet potato and finely diced cauliflower or broccoli.

Serve the nuggets with some fresh veggie sticks for dipping in the yoghurt sauce. Fresh carrot, cucumber or capsicum would all work well.

Refrigerate in an airtight container for up to 3 days or freezer for up to 2 months.

\* Feel free to substitute the spring onion for ¼ brown onion, finely diced. The ¼ cup of fresh parsley can also be substituted for 2 teaspoons of dried parsley.



# Mexi-bean salad cups

6 serves
 2.0 serves of vegetables
 0 serves of fruit

This Mexican-inspired salad is easy to make and bursting with fresh colourful veggies.

### INGREDIENTS

#### MEXI-BEAN SALAD

- 400g can black beans, rinsed and drained
- 420g can no added salt corn kernels, rinsed and drained
- ¼ small red onion, finely diced
- 1 medium Lebanese cucumber, finely diced
- 1 medium red capsicum, finely diced
- 2 small tomatoes, finely diced
- 1 cup fresh coriander leaves, shredded

#### DRESSING

- 1 lime, juiced
- 1½ tbsp olive oil
- ½ tsp chilli powder
- ½ tsp cracked pepper

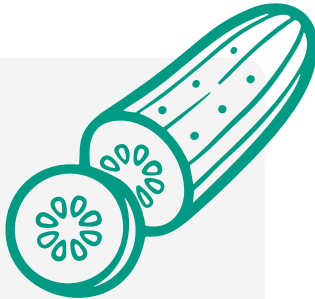
### METHOD

- Place the black beans, corn kernels, red onion, cucumber, capsicum, tomatoes and coriander in a large mixing bowl and mix gently.
- Place the lime juice, olive oil, chilli powder and cracked pepper in a small jar and shake to combine. Pour dressing over salad.

| NUTRITION             |                |             |
|-----------------------|----------------|-------------|
| Serving size:<br>231g | Per<br>serving | Per<br>100g |
| Energy                | 676kJ          | 293kJ       |
| Fat                   | 5.8g           | 2.5g        |
| Saturated fat         | 0.9g           | 0.4g        |
| Carbohydrates         | 18.3g          | 7.9g        |
| Sugars                | 7.3g           | 3.2g        |
| Fibre                 | 6.6g           | 2.9g        |
| Protein               | 6.9g           | 3.0g        |
| Sodium                | 40mg           | 17mg        |

### RECIPE NOTES

- Feel free to add some fresh diced avocado if available and eating soon after preparation.
- The canned black beans can be substituted for red kidney beans or four bean mix.
- This salad is great on its own, however it could also work as a dip for toasted pita bread, on a wholemeal wrap or as a side salad with a grilled protein such as chicken or fish.
- Refrigerate undressed in an airtight container for up to 4 days. Dressing is best stored separately to the salad and then added just before eating.



# Whipped ricotta and roasted tomatoes

 10 serves

 0.6 serves of vegetables

 0 serves of fruit

Impress your guests with this ever-so-simple recipe. The whipped ricotta and sweet tomatoes are a fresh, fun alternative to the usual cheeseboard and dips.

## INGREDIENTS

- 250g cherry tomatoes, halved
- 1 red onion, diced
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 375g low-fat ricotta cheese
- 2 tbsp parmesan cheese
- 1 small lemon, zested
- ½ cup fresh basil leaves
- ½ wholegrain baguette\*, thinly sliced

## METHOD

- 1 Pre-heat oven to 200°C (180°C fan-forced). Place the cherry tomatoes and red onion in a medium baking dish. Drizzle over the olive oil and balsamic vinegar and lightly toss to combine.
- 2 Place in the oven and bake for 15 minutes, remove and set aside to cool.
- 3 To prepare the whipped ricotta: Place the ricotta, parmesan and lemon zest in a small food processor and blitz until smooth.
- 4 Add the ricotta to a serving dish and make a small well in the middle. Add the roasted tomatoes, top with the basil leaves and serve with the sliced bread for dipping.

## NUTRITION

| Serving size:<br>103g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 426kJ          | 412kJ       |
| Fat                   | 4.2g           | 4.0g        |
| Saturated fat         | 1.3g           | 1.3g        |
| Carbohydrates         | 8.9g           | 8.6g        |
| Sugars                | 2.9g           | 2.8g        |
| Fibre                 | 2.0g           | 1.9g        |
| Protein               | 5.4g           | 5.2g        |
| Sodium                | 139mg          | 134mg       |

## RECIPE NOTES

- Cherry tomatoes can be swapped for other small tomatoes you may have on hand such as grape or snacking tomatoes.
- An electric mixer or blender can be used to whip the ricotta instead of a food processor.
- For added variety and to incorporate extra vegetables, serve this dip with wholegrain crackers, carrot or cucumber sticks, broccoli florets, or snow peas alongside the bread.

\* To make Gluten Free: replace wholegrain baguette with gluten-free baguette.



# Pizza scrolls

10 serves 0.5 serves of vegetables 0 serves of fruit

These tasty scrolls are fantastic to add to the lunchbox.  
We guarantee they will be a hit with kids both young and old!

## INGREDIENTS

- 1 cup wholemeal self-raising flour\*
- ½ cup plain self-raising flour\*
- ¾ cup low-fat Greek yoghurt
- ¼ cup no added salt tomato paste
- ¾ cup low-fat grated tasty cheese
- 2 medium tomatoes, finely diced
- 1 medium green capsicum, finely diced
- ¼ red onion, finely diced
- 1 tsp dried oregano
- 1 tbsp low-fat milk, for brushing

## METHOD

- 1 Pre-heat oven to 200°C (180°C fan-forced). Line a large baking tray with baking paper.
- 2 Combine both flours and yoghurt in a large mixing bowl and fold through until just combined. Pour mixture out onto a clean bench and use dry hands to lightly knead the dough into a ball.
- 3 Lightly dust the bench with flour and then roll the dough out into a rectangular shape roughly 1cm thick. Alternatively, roll the dough out between two sheets of baking paper.
- 4 Spread the tomato paste over the top of the dough and top with the diced tomatoes, capsicum, onion, oregano and cheese.
- 5 Roll the dough into a log and then cut into 2cm thick rounds, making 10 in total. Place the rolls onto a prepared tray and brush lightly with milk.
- 6 Bake for 30 minutes or until golden and firm to touch. Allow to cool on a wire rack.

## NUTRITION

| Serving size:<br>120g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 580kj          | 481kj       |
| Fat                   | 3.1g           | 2.5g        |
| Saturated fat         | 1.9g           | 1.5g        |
| Carbohydrates         | 18.7g          | 15.5g       |
| Sugars                | 4.6g           | 3.8g        |
| Fibre                 | 3.8g           | 3.2g        |
| Protein               | 7.3g           | 6.0g        |
| Sodium                | 228mg          | 190mg       |

## RECIPE NOTES

Feel free to substitute the diced vegetables with your favourite pizza toppings, canned drained pineapple pieces, diced olives, diced mushrooms or halved cherry tomatoes could all be used instead.

Depending on your child’s age and skill, they can help kneading the dough, adding the toppings and slicing the scrolls.

Refrigerate in an airtight container for up to 3 days.  
Can be wrapped individually and frozen for up to 2 months.

\* To make Gluten Free: replace both flours with gluten-free self-raising flour.



SAVOURY

VEGETARIAN

NUT FREE

# Corn, tomato and cheese loaf

10 serves 0.5 serves of vegetables 0 serves of fruit

This savoury loaf is full of flavour, featuring corn kernels, sliced spring onion, tasty cheese and a scattering of sundried tomatoes.

## INGREDIENTS

¾ cup self-raising flour\*

¾ cup wholemeal self-raising flour\*

½ cup fresh flat-leaf parsley, finely chopped

4 spring onions, thinly sliced~

¼ cup semi-sundried tomatoes, drained and sliced~

¼ cup low fat tasty cheese, grated^

2 cups no added salt corn kernels, rinsed and drained

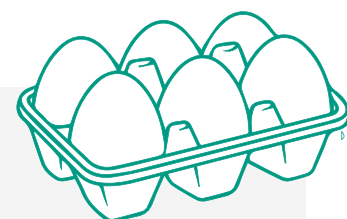
½ cup low-fat milk^

1 tbsp olive oil

1 egg, whisked

## METHOD

- 1 Pre-heat oven to 200°C (180°C fan-forced). Line a 8cm x 22cm loaf pan with baking paper.
- 2 Sift both flours into a large mixing bowl. Add the parsley, spring onion, sundried tomatoes and cheese. Mix until well combined. Make a well in the centre of the mixture.
- 3 Place the corn in a medium bowl. Pulse lightly with a stick blender to form a chunky consistency. Add in the low-fat milk, olive oil and egg. Pulse again to combine. Alternatively, instead of a stick blender, roughly chop the corn with a sharp knife and then mix together with the other wet ingredients.
- 4 Add the corn mixture to the dry ingredients and mix until just combined. Bake for 55-60 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 10 minutes before transferring out to a wire rack to cool completely. Slice into 10 pieces.



## NUTRITION

| Serving size:<br>91g | Per<br>serving | Per<br>100g |
|----------------------|----------------|-------------|
| Energy               | 577kJ          | 634kJ       |
| Fat                  | 4.0g           | 4.4g        |
| Saturated fat        | 1.1g           | 1.2g        |
| Carbohydrates        | 18.8g          | 20.1g       |
| Sugars               | 2.7g           | 3.0g        |
| Fibre                | 2.9g           | 3.2g        |
| Protein              | 5.2g           | 5.7g        |
| Sodium               | 180mg          | 198mg       |

## RECIPE NOTES

For a more substantial snack, serve a longside a boiled egg or canned drained tuna. To make this a meal, serve alongside a fresh side salad such as chopped tomato, cucumber and lettuce.

Refrigerate in an airtight container for up to 3 days. Individually wrapped slices can be frozen for up to 2 months.

\* To make Gluten Free: replace both flours with a gluten-free self-raising flour.  
~ Feel free to substitute the spring onions for ¼ small red onion, finely diced.  
Sundried tomatoes can also be replaced for one medium tomato, finely diced with any excess water removed.

^ To make Dairy Free: replace the low-fat milk with your preferred non-dairy calcium fortified alternative, for example, almond milk or soy milk and omit the cheese.



# Yoghurt bark



8 serves



0 serves of vegetables



0.6 serves of fruit

This sweet snack is easy to make and a great grab-and-go option from the fridge. It's a creative way to serve up fruit during the summer.

### INGREDIENTS

- 3 cups reduced fat Greek yoghurt
- 1/3 cup unsalted pistachios, chopped
- 250g strawberries, thinly sliced
- 3 kiwifruits, peeled and thinly sliced
- 1 tbsp dried cranberries

### METHOD

- 1 Line a tray with baking paper and spread yoghurt evenly over the tray.
- 2 Place strawberries and kiwifruits on the yoghurt, and then sprinkle nuts and dried fruit.
- 3 Freeze until totally solid approximately 3 to 4 hours, but ideally overnight. Once frozen, break into pieces to serve as 'bark'.
- 4 Serve immediately or store in the freezer and serve in small batches to prevent the bark melting and becoming difficult to pick up.

### NUTRITION

| Serving size:<br>164g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 607kJ          | 370kJ       |
| Fat                   | 4.7g           | 2.9g        |
| Saturated fat         | 1.6g           | 1.0g        |
| Carbohydrates         | 13.9g          | 8.5g        |
| Sugars                | 13.2g          | 8.1g        |
| Fibre                 | 4.1g           | 2.5g        |
| Protein               | 8.8g           | 5.4g        |
| Sodium                | 108mg          | 65.9mg      |

### RECIPE NOTES

- Fruits can be swapped for other seasonal fruits you may have on hand such as berries, mango, peach, passionfruit, or plum.
- To store, break into pieces, place in an airtight container or zip-lock bag and store in the freezer for up to 3 months.
- Depending on your child's age and skill, they can help with spreading the yoghurt on the tray, adding the fruit to the yoghurt and selecting their favourite fruits to include.



# Banana bread

16 serves

0 serves of vegetables

0.5 serves of fruit

This one-bowl banana bread is easy to make and perfect to enjoy all week long.

## INGREDIENTS

- 4 ripe bananas
- 1 tsp vanilla extract
- 2 eggs
- ½ cup low-fat milk^
- 2 tbsp canola oil
- 1 cup self-raising flour\*
- 1 cup wholemeal self-raising flour\*
- 1 tsp ground cinnamon
- 125g dried pitted dates, roughly chopped

## METHOD

- 1 Pre-heat oven to 190°C (170°C fan-forced). Line a 8cm x 22cm loaf pan with baking paper.
- 2 Place 3 of the bananas in a large mixing bowl and mash with a fork. Add in the vanilla, eggs, milk and oil. Mix together to combine.
- 3 Sift in both flours and cinnamon. Add in the dates and mix until just combined.
- 4 Pour the mixture into the prepared loaf pan. Slice the remaining banana in half and press lightly into the top of the mixture.
- 5 Place in the oven and bake for 50-55 minutes or until a skewer inserted into the centre comes out clean.
- 6 Set aside in pan for 10 minutes to cool. Turn onto a wire rack and cut into 8 slices, then cut each slice in half, making 16 pieces in total.

## NUTRITION

| Serving size:<br>66g | Per<br>serving | Per<br>100g |
|----------------------|----------------|-------------|
| Energy               | 583kj          | 884kj       |
| Fat                  | 3.3g           | 4.9g        |
| Saturated fat        | 0.4g           | 0.6g        |
| Carbohydrates        | 23.0g          | 34.9g       |
| Sugars               | 8.5g           | 12.9g       |
| Fibre                | 2.7g           | 4.1g        |
| Protein              | 3.2g           | 4.9g        |
| Sodium               | 132mg          | 201mg       |

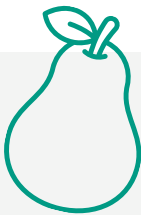
## RECIPE NOTES

Enjoy with a fresh piece of fruit like a medium apple, orange or pear.

Depending on your child's age and skill, they can help with mashing the bananas, measuring and mixing the ingredients together.

Refrigerate in an airtight container for up to 3 days. Individual slices can be wrapped and frozen for up to 2 months.

^ To make Dairy Free: replace the low-fat milk with your preferred non-dairy calcium fortified alternative, for example, almond milk or soy milk.  
\* To make Gluten Free: replace both flours with a gluten-free self-raising flour. Enjoy this recipe as part of a balanced dietary pattern.



# Mini apple pies

6 serves

0 serves of vegetables

0.5 serves of fruit

These delicious apple pies are a great to whip up for a healthy sweet snack or yummy dessert. They can be enjoyed either warm or cold.

## INGREDIENTS

- 3 tsp canola oil
- 1 tsp ground cinnamon
- ½ lemon, juiced
- 3 medium apples, diced
- 6 sheets filo pastry, thawed
- 2 tbsp low-fat milk

## METHOD

- 1 Pre-heat oven to 180°C (160°C fan-forced). Lightly brush six holes of a 1 cup (250mL) muffin pan with 1 tsp of the oil.
- 2 Heat the remaining oil and cinnamon in a medium saucepan over moderate heat. Stir lightly.
- 3 Add the diced apple and lemon juice to the pan and stir. Reduce heat to low and leave to cook for 10 minutes, stirring occasionally.
- 4 Meanwhile, lay one sheet of filo pastry out flat on a clean work bench. Lightly brush with milk. Add another sheet and brush, repeat process using all six sheets. Cut the pastry into six squares.
- 5 Line the muffin holes with the pastry and press down lightly, lightly scrunching the sides of the pastry if needed. Divide the cooked apple mixture between the six pastry cups.
- 6 Bake for 15 minutes or until golden brown. Allow to cool slightly before serving.

## NUTRITION

| Serving size:<br>114g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 490kj          | 430kj       |
| Fat                   | 2.9g           | 2.6g        |
| Saturated fat         | 0.3g           | 0.3g        |
| Carbohydrates         | 18.5g          | 16.3g       |
| Sugars                | 10.7g          | 9.4g        |
| Fibre                 | 3.2g           | 2.9g        |
| Protein               | 1.9g           | 1.6g        |
| Sodium                | 85mg           | 75mg        |

## RECIPE NOTES

Feel free to serve with some low-fat Greek yoghurt on the side.

Depending on your child's age and skill, they can help with shaping the pastry in the pan and adding the apple mixture to the pastry cups.

Refrigerate in an airtight container for up to 2 days.



# Banana and blueberry pikelets

 8 serves

 0.5 serves of vegetables

 0 serves of fruit

A healthy twist on a nostalgic favourite. These banana and blueberry pikelets are great for breakfast, lunchboxes or a quick afternoon snack.

## INGREDIENTS

- 1 cup milk, reduced fat\*
- 1 large egg
- 3 medium ripe bananas, mashed thoroughly
- 1.5 cups of all purpose flour^
- 1.5 tsp baking powder^
- 1.5 cups frozen blueberries
- 1 tsp canola oil

## METHOD

- 1 In a medium bowl, mash bananas thoroughly. Add the milk and egg, and mix together.
- 2 Add the flour and baking powder and mix together.
- 3 Add in blueberries and gently mix.
- 4 Heat oil in fry pan over medium heat on your stove top.
- 5 Spoon roughly 2 tablespoons of mixture for each pikelet into the pan and cook for around 2 minutes, or when they appear firm and golden-brown underneath.
- 6 Turn them over and cook for another 2 minutes, or until golden.
- 7 Enjoy as is or serve with Greek yoghurt.

## NUTRITION

| Serving size:<br>117g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 653kj          | 559kj       |
| Fat                   | 2.0g           | 1.7g        |
| Saturated fat         | 0.5g           | 0.4g        |
| Carbohydrates         | 28.2g          | 24.1g       |
| Sugars                | 7.9g           | 6.8g        |
| Fibre                 | 2.0g           | 1.7g        |
| Protein               | 5.1g           | 4.3g        |
| Sodium                | 82.8mg         | 71mg        |

## RECIPE NOTES

The blueberries can be swapped for other fruit such as blackberries or grated apple.

Depending on your child's age and skill, they can help with mashing the bananas and mixing together ingredients.

\* To make Dairy Free: replace milk with calcium-fortified dairy free alternative.  
^ To make Gluten Free: replace all purpose flour with gluten free flour, and check baking powder is gluten free.



# Carrot cake oat bars

9 serves 0.5 serves of vegetables 0 serves of fruit

These tasty squares are a wholesome twist on the classic carrot cake.

## INGREDIENTS

- 1 cup quick oats
- ½ cup wholemeal self-raising flour
- 1 tsp ground ginger
- ½ tsp ground nutmeg
- 2 eggs, whisked
- 1½ tbsp canola oil
- 1½ tbsp honey
- ½ orange, juiced and zested
- 3 large carrots, grated

## METHOD

- 1 Pre-heat oven to 200°C (180°C fan-forced). Line a 20 cm x 20 cm square baking tin with baking paper.
- 2 Place the quick oats, flour, ginger and nutmeg in a large mixing bowl and mix to combine.
- 3 Make a well in the centre and add in the eggs, oil, honey, orange juice, orange zest and grated carrot. Mix together.
- 4 Pour mixture into prepared pan and bake for 25-30 minutes or until firm to touch. Transfer to a wire rack to cool before slicing into 9 pieces.

## NUTRITION

| Serving size:<br>100g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 593kJ          | 591kJ       |
| Fat                   | 4.9g           | 4.9g        |
| Saturated fat         | 0.7g           | 0.7g        |
| Carbohydrates         | 18.9g          | 18.8g       |
| Sugars                | 8.4g           | 8.4g        |
| Fibre                 | 4.3g           | 4.2g        |
| Protein               | 3.7g           | 3.7g        |
| Sodium                | 94mg           | 94mg        |

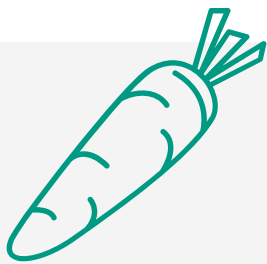
## RECIPE NOTES

Feel free to serve the bars with some low-fat Greek yoghurt on the side.

Enjoy with a fresh piece of fruit like a medium apple, orange or pear.

Depending on your child’s age and skill, they can help with grating the carrot, juicing the orange, measuring and mixing ingredients.

Refrigerate in an airtight container for up to 3 days. Individual slices can be wrapped and frozen for up to 2 months.



# Apple cinnamon bliss balls

10 serves

0 serves of vegetables

0.5 serves of fruit

We guarantee everyone will love these tasty bliss balls.  
Filled with flavour from both fresh and dried apple and a hint of cinnamon.

## INGREDIENTS

1 medium apple, grated

150g dried apple pieces,  
roughly chopped

¼ cup smooth all natural  
peanut butter\*

1 tsp vanilla extract

¼ cup water

1¼ cup rolled oats

1 tsp ground cinnamon

1 tbsp desiccated coconut

## METHOD

- 1
- Line a large baking tray with baking paper.
- 2
- Place the grated apple, dried apple, peanut butter, vanilla and ¼ cup of water in a food processor or blender. Process until combined. Transfer to a large bowl.
- 3
- Place the rolled oats and cinnamon in the food processor or blender and process until combined. Transfer the oat mixture to the bowl and mix all ingredients together.
- 4
- Place the coconut on a large plate. Roll heaped tablespoons of apple mixture into balls, making a total of 20 balls. Roll balls lightly in coconut to coat. Transfer to the baking tray and refrigerate for 1 hour or until firm.

## NUTRITION

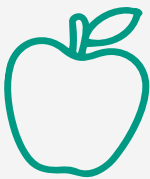
| Serving size:<br>57g | Per<br>serving | Per<br>100g |
|----------------------|----------------|-------------|
| Energy               | 570kj          | 995kj       |
| Fat                  | 5.2kj          | 9.1kj       |
| Saturated fat        | 1.1g           | 1.9g        |
| Carbohydrates        | 16.8g          | 29.3g       |
| Sugars               | 10.6g          | 18.6g       |
| Fibre                | 4.2g           | 7.4g        |
| Protein              | 3.5g           | 6.1g        |
| Sodium               | 51mg           | 89mg        |

## RECIPE NOTES

Depending on your child’s age and skill, they can help with shaping the balls and rolling in coconut.

Refrigerate in an airtight container for up to 5 days.

\* To make Nut Free: replace the peanut butter with tahini paste. Enjoy this recipe as part of a balanced dietary pattern.



# Pumpkin scones

10 serves 0.5 serves of vegetables 0 serves of fruit

These mini scones are light, fluffy and slightly sweet thanks to the freshly cooked pumpkin and a scattering of sultanas.

## INGREDIENTS

- 375g butternut pumpkin, peeled and chopped
- 1 tbsp butter
- 1¼ cup wholemeal self-raising flour\*
- ¾ cup self-raising flour\*
- ½ tsp ground nutmeg
- 1 tbsp sultanas
- ½ cup low-fat milk, plus extra to brush

## METHOD

- 1 Pre-heat oven to 200°C (180°C fan-forced). Line a large baking tray with baking paper.
- 2 Cook the pumpkin pieces in a large saucepan of boiling water. Boil for 10 minutes or until tender. Drain well.
- 3 Place the cooked pumpkin in a large bowl, add the butter and mash together with a fork until smooth. Sift both flours and nutmeg into the bowl. Add in the sultanas and milk. Lightly mix.
- 4 Turn dough out onto a lightly floured surface. Knead gently until all ingredients are combined.
- 5 Shape dough into a rectangle roughly 2cm thick. Using a 4cm scone cutter, cut 10 rounds and place on the prepared baking tray. Lightly brush the top of the scones with a small amount of milk.
- 6 Bake for 15-18 minutes or until scones are golden and firm to touch. Allow to cool on a wire rack.

## NUTRITION

| Serving size:<br>83g | Per<br>serving | Per<br>100g |
|----------------------|----------------|-------------|
| Energy               | 580kj          | 701kj       |
| Fat                  | 2.5g           | 3.0g        |
| Saturated fat        | 1.3g           | 1.6g        |
| Carbohydrates        | 23.1g          | 27.9g       |
| Sugars               | 3.9g           | 4.8g        |
| Fibre                | 3.0g           | 3.6g        |
| Protein              | 4.2g           | 5.1g        |
| Sodium               | 196mg          | 237mg       |

## RECIPE NOTES

If you don't have a scone cutter, lightly press a small cup into the dough, then cut around the indent with a sharp knife.

Depending on your child's age and skill, they can help with mashing the pumpkin, measuring and mixing the ingredients, kneading the dough and cutting the scones out.

Refrigerate in an airtight container for up to 2 days. Individually wrapped scones can be frozen for up to 3 months.

\* To make Gluten Free: replace both flours with gluten-free self-raising flours.



# Tropical frozen yoghurt bites

 6 serves

 0 serves of vegetables

 0.5 serves of fruit

Made with juicy fruit and tangy yoghurt, these tropical frozen yoghurt bites are easy to whip up and great for healthy snacking on a hot day.

## INGREDIENTS

- 3 ripe bananas, mashed
- 2 passionfruit, pulp retained
- 227g canned crushed pineapple in juice, drained
- 1 ½ cups low-fat Greek yoghurt^

## METHOD

- 1 Place ingredients in a large mixing bowl. Using an electric mixer, mix on low speed for 30 seconds. Stop once the mixture looks smooth and evenly combined.
- 2 Using a spoon gently scoop the yoghurt mixture into two 12 slot ice cube trays and smooth the tops. Insert a wooden stick into each slot before freezing, making it easier to hold while eating.
- 3 Place in the freezer and freeze for roughly 3 hours, or until firm and set, but not frozen. Serve immediately.

## NUTRITION

| Serving size:<br>146g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 509kj          | 349kj       |
| Fat                   | 1.6g           | 1.1g        |
| Saturated fat         | 0.9g           | 0.6g        |
| Carbohydrates         | 18.1g          | 12.4g       |
| Sugars                | 14.7g          | 10.1g       |
| Fibre                 | 3.7g           | 2.5g        |
| Protein               | 5.9g           | 4.0g        |
| Sodium                | 74mg           | 50.5mg      |

## RECIPE NOTES

No electric mixer? No worries – just mash the fruit with a fork and stir through the yoghurt!

If you have ice-block moulds these could be used instead of the ice cube trays. Simply spoon the mixture among 6 moulds.

Ice cube bites could also be used as the base of a smoothie. Blend 4-6 cubes with a cup of low-fat milk for a tasty tropical smoothie.

\* To make Dairy Free: replace low-fat Greek yoghurt with a calcium-fortified dairy free alternative.



# Strawberry parfait

 4 serves

 0 serves of vegetables

 0.4 serves of fruit

Bright, creamy, and bursting with fresh strawberries, this layered parfait comes together in minutes and is a nutritious option to add to your day.

## INGREDIENTS

- 250g strawberries, chopped
- ½ cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp pumpkin seeds
- 1 cup reduced fat Greek yoghurt
- 1 tsp honey
- A pinch of cinnamon

## METHOD

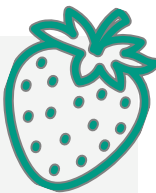
- 1 Add strawberries to the bottom of a glass or bowl.
- 2 Sprinkle with a tablespoon of rolled oats.
- 3 Add a layer of yoghurt.
- 4 Sprinkle with the chia seeds and pumpkin seeds.
- 5 Repeat layers until glass is full or ingredients are used up.
- 6 Drizzle honey on top.
- 7 Garnish with a few whole strawberries and a pinch of cinnamon on top.

## NUTRITION

| Serving size:<br>147g | Per<br>serving | Per<br>100g |
|-----------------------|----------------|-------------|
| Energy                | 628kj          | 429kj       |
| Fat                   | 5.0g           | 3.4g        |
| Saturated fat         | 1.4g           | 1.0g        |
| Carbohydrates         | 14.9g          | 10.2g       |
| Sugars                | 9.4g           | 6.4g        |
| Fibre                 | 5.5g           | 3.8g        |
| Protein               | 8.0g           | 5.5g        |
| Sodium                | 73.3mg         | 50mg        |

## RECIPE NOTES

- Fresh strawberries can also be swapped for frozen. Alternatively, you could make a strawberry compote by simmering 1 cup of frozen strawberries with ¼ cup of water and a teaspoon of honey until reduced.
- Assembled leftovers can be covered and stored in the fridge for up to 1 day.
- Depending on your child’s age and skill, they can help with assembling the layers of the parfait.



# Smart snacking tips

A few simple habits can make a big difference in how well your snacking supports your overall health and energy levels.

## 1 Plan your snacks ahead

Having snacks ready to go reduces the chance of reaching for less nutritious options when hunger strikes.

## 2 Pair protein with fibre

Combining a protein (cheese, eggs, legumes) with fibre (fruit, crackers, veggies) keeps you satisfied and avoids energy spikes.

## 3 Make it colourful

Bright fruits and vegetables deliver a wider range of vitamins and minerals. Think mango, capsicum, berries, and leafy greens.

## 4 Read labels on packaged snacks

Look for options lower in added sugar, salt and saturated fat. A shorter ingredients list is usually a good sign.

## 5 Stay hydrated

Remember to drink water throughout the day and consider sparkling water as a refreshing snack alternative.

## 6 Consider seasonal produce

Eating fruit and vegetables in season means better quality, nutrition and flavour. Due to the increased supply, prices drop too.

Get more healthy snack ideas and inspiration:  
**[hw.qld.gov.au/healthy-snacks](http://hw.qld.gov.au/healthy-snacks)**