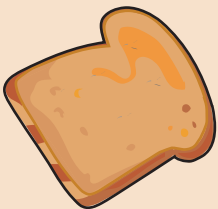


## AFTER SCHOOL SNACK IDEAS



- 2 wholegrain crackers and tzatsiki
- Rice cakes or corn cakes
- 2 crackers with a spread of low fat cream cheese and cherry tomatoes
- Plain or Greek yoghurt and fruit
- 150ml homemade fruit smoothie
- Vegetable sticks (carrot/peppers/cucumber) with hummus
- Fruit kebabs
- Wholegrain toast with a thin layer of peanut butter
- Breadsticks
- Handful of dried fruit
- Dried apple slices (slice into 1/4 inch rounds, bake at 200 degrees until dry)
- Handful of homemade popcorn
- Homemade fruit ice lollies
- Apple slices with peanut butter
- Malt loaf

