

Nutrition for Outside School Hours Care • another NAQ Nutrition program

These snack ideas are ideal for services that have limited cooking facilities, or for when simple/no cook recipes are needed. Some options would work well for hands on cooking activities with children.

## Strawberry Cheesecake Cracker

### Ingredients

- Shredded Wheatmeal Biscuits
- Spreadable ricotta, reduced fat cream cheese or yoghurt
- Sliced strawberries
- Ground cinnamon or coconut flakes (optional)

To assemble, spread ricotta over biscuit and top with sliced strawberries and a sprinkle of cinnamon or coconut.



## Apple Ring Cookies

### Ingredients

- Apples
- Nut butter or nut free alternative like sunflower seed butter
- Toppings of your choice (i.e. coconut flakes, crushed corn flakes, raisins)

To assemble, core apples, cut into 0.5cm rounds and pat dry with paper towel. Spread nut butter or alternative onto the apple rings. Sprinkle with the toppings of your choice and serve.



## Strawberry Balls

### Ingredients for 30 balls

- 300g strawberries, washed and stems removed
- 2 ¼ cups rolled oats
- 1 ¼ cups desiccated coconut
- 9 fresh dates, seeds removed

Place all ingredients into a food processor. Process until well combined. Roll into small balls and enjoy chilled.



## No Bake Weetbix and Apricot Slice

Ingredients for 30 pieces

- 8 Weetbix or Wheat Biscuits (or Gluten Free Wheat Biscuits)
- 2 cups unsalted roasted cashews (or sunflower seeds for nut free)
- 2 cups dried apricots
- 3-4 tablespoons water

Place all ingredients in a food processor, blitz until the mix is very finely ground. Add water slowly until the mix it comes together into a ball. Press into a baking paper lined loaf tin to around 2cm thick when pushed into the base. Chill in the refrigerator for 2 hours then slice and serve.

## Banana Sushi

Ingredients

- Small soft wholemeal tortillas
- Bananas
- Nut butter or alternative (i.e. seed butter, ricotta)
- Cinnamon
- Honey (optional)

Microwave tortillas for 10 seconds to soften. Spread chosen spread on each tortilla (about 2 tablespoons required per wrap). Sprinkle with cinnamon and a small drizzle of honey. Roll tortilla tightly around banana and slice into 2cm sushi shaped pieces.

## Caprese Toasts

Ingredients

- Bocconcini Cheese
- Tomatoes
- Basil leaves
- Toasted baguette style crackers
- Olive oil

Thinly slice bocconcini cheese and tomatoes. Roughly tear basil leaves. Add a layer of cheese and tomatoes on each cracker and sprinkle with basil. Drizzle lightly with olive oil before serving.

## Cheesy Tuna Dip

Ingredients for 30 serves

- 400g tuna in springwater, drained
- 700g smooth ricotta or cottage cheese
- 4 spring onions
- 3 tablespoons lemon juice (or more to taste)
- Vegetable sticks or crackers to serve

Place all ingredients in a food processor and blend until smooth. Refrigerate until required

## Mexican Layered Dip

Ingredients for 30 serves

- 3 x 400g kidney beans or black eyes beans, drained
- 1 red onion
- 2 limes
- 1 ½ cups natural, plain yoghurt
- 3 ripe avocados, mashed
- 400g tomatoes, roughly chopped
- 1 cup grated cheese



Place drained beans, roughly chopped onion and juice of 2 limes in food processor and pulse until mostly smooth (or cut onion finely and mash beans by hand). Place this bean mix in a shallow glass tray or bowl. Spread layer of natural yogurt over beans. Spread layer of mashed avocado over yoghurt. Sprinkle with chopped tomatoes and grated cheese. Serve with crackers or soft tortillas.