



Stay Fit, Stay Healthy, Stay Happy

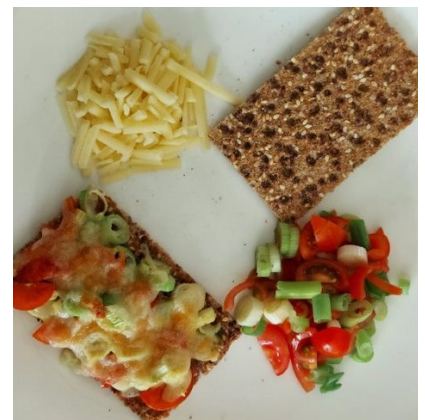
Snack Attack!

Fancy a little snack?

**These creative and healthy snacks,
will keep you going between meals.
Season to suit your own taste buds.**

Crispbread Pizza

Chop together a medium sized tomato and a spring onion then mix in a bowl. Sprinkle them over the crispbread and cover with 15g of grated low-fat cheese. Place under a preheated grill for a few minutes. Splash with some Worcester Sauce. Eat and enjoy!



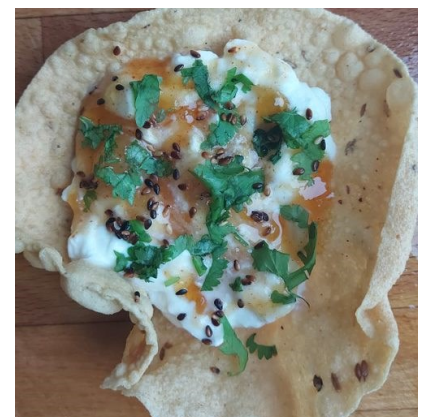
Double Crunch Apples

Slice 1 medium apple (about the size of a tennis ball) put on a plate. Add 1 teaspoon of peanut butter to dip the apples in. Sprinkle a little cinnamon on the sliced apple for some extra taste and dip away!



Poppadum Surprise

Sprinkle a little water on 1 dry poppadum, put in a microwave for about 20 seconds on full power. Take out, while it's still warm, bend the sides up into a bowl shape and leave to cool. Mix together 1 tablespoon of low-fat cottage cheese, 1 heaped teaspoon of mango chutney and some chopped coriander. Spoon onto the poppadum, finish with a sprinkle of sesame seeds.



Italian Eggs

1 egg, handful of fresh basil, $\frac{1}{2}$ tablespoon virgin olive oil, $\frac{1}{2}$ teaspoon cider vinegar, 3 olives. Boil the egg for 8 minutes. Cool in cold water. Peel off the shell and cut in half. Scoop out the yolk. Put basil, olives, oil, vinegar and a sprinkling of pepper in a small bowl, blitz them with a hand blender, add the yolks and mash together. Spoon back inside the eggs. Finish with a squeeze of balsamic glaze. (Keep them in the fridge until you are ready to eat.)



Gem Lettuce with a Twist

$\frac{1}{2}$ a gem lettuce, handful of sliced cucumber, 25g blueberries, small pinch of dried chilli flakes, 1 teaspoon of sesame seeds, 1 teaspoon of pine nuts. Yoghurt dressing: $1\frac{1}{2}$ tablespoons of low-fat yogurt mixed with $\frac{1}{2}$ teaspoon of Dijon mustard and a sprinkle of chopped basil. Finely slice half a gem lettuce, mix with the blueberries, dried chili flakes, sesame and pine nuts. Drizzle with the yogurt dressing.



Spicy Hot Apple Slices

1 medium Granny Smith apple, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, 1 teaspoon honey. Preheat the oven to 180 degrees C or 160 degrees C Fan or Gas Mark 4. Slice the apple into thin slices and put in a baking dish. In a bowl, mix together the cinnamon, nutmeg and honey. Rub the apples slices with the mix until coated. Bake the apple slices uncovered for about 20 minutes (add a little water if it looks dry) or until the apple slices are soft and break apart easily.

