

Making sense of **sugar**

SNACK RECIPES

These snack ideas were developed with support from the British Nutrition Foundation.

Reduced fat cheese spread with cream crackers and an apple (136 kcal)

- 1 light cheese spread triangle
- 2 cream crackers
- 1 apple

Low-fat hummus with carrot and celery sticks (122 kcal)

- 60 g low-fat hummus
- 1 medium carrot, cut into sticks
- 1 stick of celery

Berry smoothie (123 kcal) (Serves 4)

- 500 g frozen berries e.g. strawberries, raspberries
- 450 g pot fat-free strawberry yoghurt
- 100 ml semi-skimmed milk
- 25 g porridge oats

Whizz the berries, yogurt and milk together with a stick blender until smooth. Stir through the porridge oats, then pour into 4 glasses.

Dried fruit and nuts (197 kcal)

- 25 g unsalted mixed nuts
- 3 dried apricots

Fruit and yoghurt (156 kcal)

- 150 g low fat plain unsweetened yoghurt
- 80 g raspberries
- 2 tsp pumpkin seeds

Shop bought latte made with skimmed milk (350 ml) (102 kcal)

2 Jaffa cakes and a handful of grapes (151 kcal)

1 pack of ready salted crisps (25 g) (132 kcal)