

HEALTHY SNACK RECIPES



Grilled plantain

Ingredients (Serves 4)

- 2 ripe plantains

Equipment

Knife, chopping board and frying pan.

Method

1. Peel plantains by chopping both ends off and making a slit along the whole length of each plantain skin. Slide your thumb under the slit to loosen and remove the skin. Cut each plantain in two crosswise and then cut each piece lengthwise. (You should have 8 pieces altogether.)
2. Grill on a low heat turning occasionally for about 10 minutes or until cooked. (When cooked, plantains are soft inside but not sticky.)
3. Serve warm.



HEALTHY SNACK RECIPES



Mini apple and banana muffins

Ingredients (Serves 12)

- 150g plain flour
- 1 ½ teaspoons baking powder
- 50g caster sugar
- 100ml semi-skimmed milk
- 1 egg
- 1 teaspoon vanilla extract
- 40g low-fat spread, melted
- 1 small apple, peeled, cored and chopped
- 1 small banana, mashed

Equipment

Measuring spoons, bowl, mixing spoon, muffin forms, a pan, a sharp knife, oven safe tin.

Method

1. Preheat the oven to 200°C, fan oven 180°C, gas mark 6. Put 12 paper bun cases into a bun tray.
2. Sift the flour and baking powder into a mixing bowl, then stir in the sugar.
3. In a jug, beat together the milk, egg, vanilla extract and melted low-fat spread. Add to the dry ingredients with the apple and mashed banana and stir until just combined. Do not over-mix.
4. Spoon the mixture into the paper cases and transfer to the oven. Bake for 20-25 minutes until risen and golden. Cool on a wire rack.

Preparation time: 20 minutes

Cooking time: 25 minutes

Approximate cost for recipe: £1.26

Approximate cost per serving: 10.5p

Handy hints

- If you like, add ½ teaspoon ground mixed spice or ground cinnamon to the dry ingredients.
- Always use proper cook's measuring spoons for accuracy, levelling off dry ingredients (such as the baking powder) with a knife.



HEALTHY SNACK RECIPES



Chicken mini pitta pockets

Ingredients (Serves 1)

- 75g skinless chicken (thigh or breast), cut into strips
- 1 tablespoon low-fat natural yogurt
- 1 heaped teaspoon tomato puree
- 1 heaped teaspoon tikka masala curry paste (depending on how spicy you like it)
- 1 teaspoon rapeseed oil
- Good pinch red chilli powder
- Good pinch ground garam masala

Equipment

Griddle pan, sharp knife, measuring spoons and chopping board.

Method

1. Preheat a griddle pan or non-stick frying pan over a medium heat. Grease with a little oil.
2. Mix together the chicken marinade ingredients and coat the chicken strips with this sauce. Cover and set aside.
3. Put the marinated chicken pieces into the heated pan and stir-fry over a medium heat till cooked but still juicy (about 5-10 minutes).
4. Warm and cut open the pitta breads and fill them with the cooked chicken. Serve with shredded lettuce and cucumber.

This recipe uses ready-made tikka masala paste – you only need a little and you can store the jar in the fridge for other recipes. There is very little oil in this recipe and the chicken is grilled rather than fried.



HEALTHY SNACK RECIPES



Rice cakes with hummus and cucumber spread

Ingredients (Serves 4)

- 4 tablespoons hummus
- 100g low-fat soft cheese
- 5cm piece of cucumber, finely chopped
- 4 rice cakes (or crispbread)

Equipment

Chopping board, knife and spoon.

Method

1. Mix together the hummus and soft cheese, then stir in the cucumber.
2. Spread over the rice cakes, then serve.

Preparation time: 5 minutes

Cooking time: None

Approximate cost for recipe: £1.00

Approximate cost per serving: 25p

Handy hints

- Make the rice cakes into funny faces by topping them with cucumber or tomato slices, grated carrot and pepper strips.
- Choose plain hummus, or one that's flavoured with red pepper or lemon and garlic.

