

SOCIAL SNACKS



Whether you are just having your friends around for a DVD night or doing something much more adventurous that time always comes around - teenagers require regular feeding!

Here are some quick cheap ideas that will be easy to throw together:

GUACAMOLE AND PITA CHIPS

Mash together 2 ripe avocados, 2 small chopped tomatoes, ½ small finely chopped onion, 1 crushed clove garlic, chilli sauce and pepper to taste. Serve with pita bread, chopped in wedges, sprayed with a little oil and parmesan cheese (or plain if preferred) and baked at 180°C until crunchy.



SPICY PEANUTS – adapted from the Deliciously Healthy Cookbook – Heart Foundation

Heat a little oil in a large non-stick pan. Add 500g bag of raw peanuts, 1tsp five spice powder, ¼ tsp chilli powder and 3 tbsp reduced salt soy sauce. Cook on a low heat until dry and darkened – watch closely as can burn easily!



CRISPY CHEESE AND MARMITE TOASTS

Sounds too simple but they are really yummy!!

Take slices of wholegrain sandwich bread and toast, spread very lightly with margarine and marmite and sprinkle with a little cheese. Grill in the oven until brown and crispy and cheese has melted. Slice each piece in three longways and munch while hot!

ENJOY!

Healthy Nibbles

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha