

## CREATIVE CORN CRACKERS

*A great mindfulness activity for energy, nourishment and wellbeing...*

1. Spread on any of:  
**Plain yoghurt, cottage cheese, hummus, mashed avocado, light cream cheese or peanut butter**
2. Plus any of these toppings:  
**Carrot, celery, cucumber, tomatoes, berries, grapes, sprouts, capsicum**
3. Kids can create these at home too!



## CHIP SWAPS

*Small packets of chips produce lots of waste that end up in landfill*



Potato chips

**SWAP THIS**



Home-made popcorn

**FOR THAT**



Pita or bread chips

**OR THIS**

*These other options can be packed in containers or reusable bags. They are also more nutritious!*



Plain nut mixture

**OR SOME OF THESE**

### FLAVOUR TIPS

- Add a pinch of cinnamon or curry powder to popcorn (this is fat-free and salt free).
- Sprinkle garlic or herbs on top of pita chips for flavour (see recipe) Enjoy with Pita dip\* and/or pop into a small container for the lunchbox
- Recipes for home-made popcorn and other easy ideas are available at [www.myfamily.kiwi/foods](http://www.myfamily.kiwi/foods)

**\*PITA DIP RECIPE** – can also be used for vegetable sticks, crackers, or salad dressing. Blend or mix together:

- 1 cup plain yoghurt (check that it's unsweetened)
- 2 tablespoons herbs (e.g. parsley, mint, coriander) - cut finely
- pinch of salt and pepper
- 1 tablespoon lemon juice
- 1 teaspoon garlic (optional)



### TO MAKE PITA OR BREAD CHIPS

Cut pita bread rounds, tortillas or bread slices into four quarters. Spray/ spread over a tiny amount of oil and sprinkle each piece with herbs and garlic. Bake at 180°C on an oven tray for 5 minutes, then flip pita's over for another 5 minutes.