



Sustainable Snacks

Kia ora koutou,

Snacks are something to look forward to and they can improve our overall sense of wellbeing by keeping us energised, our tummies satisfied, and fuelling the activities we need to get done. However, snacking is often viewed negatively or as a bad habit - particularly in fad diets or 'quick weight loss' programmes. If we are mindful of what we eat and how we feel, snacks, just like other meals, can help us to feel good.

Sometimes it will be a piece of fruit and handful of nuts, and occasionally it might be a slice of cake in celebration of a birthday or catching up with friends. Being aware of and responding to your hunger cues is also important— some days you may need something more substantial to snack on, other days you may be able to breeze through an afternoon without any feeling of hunger.

Bridging the gap between meals is also an opportunity to boost your intake of lots of important nutrients, fuel your body, and avoid that mid-afternoon slump. Having some healthy snack food at work, home, and in your car is a really easy way to ensure you have some tasty options on hand.

Ideas for delicious nutritious snacks

- Fresh fruit and a handful of unsalted nuts
- Natural yoghurt topped with chopped fruit and some nuts/seeds/muesli/crushed wheat biscuits
- Slice of wholegrain toast with peanut butter and banana, marmite and edam cheese, or avocado
- Corn thins or wholegrain crackers topped with peanut butter/tuna/cottage cheese and tomato/avocado
- Chopped vegetables or wholegrain crackers with hummus
- Mini frittatas— can be made in muffin tins for the perfect snack size
- Smoothie made with 1 cup low-fat milk, yoghurt, banana and a tablespoon oats
- Boiled egg and a piece of fruit
- Corn on the cob and a handful of nuts
- Roasted chickpeas and piece of fresh fruit

Banana Bran and Honey Muffins

- 1 cup wholemeal flour
- $\frac{3}{4}$ cup plain flour
- 2 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 1 $\frac{3}{4}$ cup baking bran
- 1 teaspoon cinnamon
- 2 bananas, mashed
- 1 $\frac{1}{4}$ cup plain unsweetened yoghurt
- $\frac{1}{4}$ cup runny honey (you can make honey runny by microwaving it for 20 seconds)
- 2 eggs
- $\frac{1}{4}$ cup vegetable oil
- 1 teaspoon vanilla essence

In a large bowl, mix together flours, baking soda, baking powder, baking bran and cinnamon. In another bowl, mix together bananas, yoghurt, honey, eggs, vegetable oil and vanilla essence. Pour the wet mixture into the dry mixture. Stir until just combined, trying not to overmix. Spoon mixture into greased muffin tins. Bake for 20-25 minutes or until golden and cooked through.

Ngā mihi nui,
Beyning