

Simple Swaps

HERE ARE SOME SIMPLE RECIPES TO SWAP FOR STORE BOUGHT PRE-PREPARED AND PACKAGED ITEMS

1. **CHEESE & BISCUITS** - BUY A LARGE BLOCK OF CHEESE AND CUT INTO PIECES. BUY A LARGE BOX OF BISCUITS (E.G. JATZ). PLACES SLICES OF CHEESE AND A FEW BISCUITS IN A CONTAINER TOGETHER.
2. **CHOCOLATE OR FRUIT YOGHURT** - PUT 4 TABLESPOONS OF NATURAL OR GREEK (NOT GREEK STYLE) YOGHURT INTO A CONTAINER. MIX IN 1 TEASPOON OF EITHER CACAO OR COCOA POWDER.
FOR FRUIT OPTIONS MIX IN:
 - FROZEN MIXED BERRIES (DEFROSTED)
 - POACHED APPLE WITH A SPRINKLE OF CINNAMON (SLICE APPLE. PUT IN A SMALL SAUCEPAN WITH A SMALL AMOUNT OF WATER. BRING TO THE BOIL AND ALLOW TO COOK UNTIL SOFT. REMOVE FROM HEAT AND DRAIN.)
3. **CHOCOLATE CHIP COOKIES** - BAKE MINI VERSIONS OF CHOCOLATE CHIP COOKIES SIMILAR TO "TINY TEDDIES" OR "MINI OREOS". (SEE RECIPE)
4. **SHAPE BISCUITS** - BAKE A BASIC BISCUIT RECIPE TOPPED WITH YOUR CHOICE OF SEASONING. (SEE RECIPE)
5. **SEAWEED SNACKS** - THESE ARE READILY AVAILABLE IN THE SUPERMARKET. BUY THE LARGE NORI SHEETS AND CUT DOWN INTO SMALL BISCUIT SIZE BITES. ADD ADDITIONAL SEASONING (SEE SHAPE BISCUIT RECIPE) FOR A VARIETY OF FLAVOURS.
6. **HARD BOILED EGG** - THIS IS SUCH A NUTRITIONALLY DENSE SNACK. PLEASE ENSURE THAT IT IS CHILLED PROPERLY WITH AN ICE BRICK IF TAKING TO SCHOOL/WORK.

NUTRITION INFORMATION

MAKING YOUR OWN SNACKS REDUCES THE INCLUSION OF PRESERVATIVES, ADDITIVES, COLOURINGS, FLAVOURS AND THICKENERS THAT ARE DETRIMENTAL TO HEALTH.

THEY ARE FAR MORE COST EFFECTIVE.

AS THEY ARE IDEAL FOR THE SCHOOL LUNCH BOX, THEY ARE ALSO IDEA FOR ADULTS TO TAKE TO WORK OR TO HAVE PREPARED AS A SNACK AT HOME AND TO HAVE ON HAND ON WEEKENDS.

IT MAY SLIGHTLY EXTEND YOU TIME IN THE KITCHEN EACH WEEK, BUT THE HEALTH BENEFITS MAKE IT VERY WORTHWHILE.

TO ASSIST WITH COSTS AND TIME, MAYBE GET A GROUP OF PEOPLE TOGETHER THAT CAN COOK BATCHES OF THINGS AND YOU CAN EACH TRADE WHAT YOU MAKE. THIS WILL NOT ONLY ENCOURAGE VARIETY, BUT SPREAD COSTS AND ALLOCATION OF TIME.

