

# Healthy Snacks and Drinks



**Melon**  
**Oranges**



**Bananas**  
**Satsumas**



**Grapes**



**Fruit with plain yoghurt**



**Dried apricots**

**Dried fruit, raisins,  
prunes, dates**



**Oat cakes**



**Corn Cakes**

**Corn cakes with  
cream cheese**



**Rice cakes**

**Rice cakes with  
pear and apple  
spread**

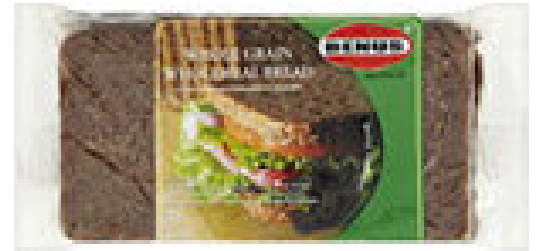




**Wholemeal hot cross buns**



**Rye bread toasted**



**Ryvita**



**Wholemeal toast with peanut butter**



**Nuts: just a handful**



**Toasted pumpkin seeds**

**Toasted sunflower seeds**



**Make fruit and nut snack bars with dried fruit, and nuts in the food processor**



**Sticks of carrot and cucumber with hummus**



**Popcorn**

**Drinks: apple juice or Orange juice with sparkling Water.**

