

Healthy Low Energy Snack Ideas

Veggies and salsa

Low-sugar salsa and chopped vegetables for dipping e.g. carrot, cucumber, celery

Frozen fruit

Freeze grapes or sliced fruit e.g. melon, apples, oranges or mango for around 40 mins

Popsicles

Freeze low-calorie cordial (diluted) or low calorie soft drink in popsicle makers

Popcorn

Air-popped popcorn with no sugar or high-sugar flavouring added. Recommended serving, 1 cup.

Jelly

Prepare low-sugar jelly to packet instructions and allow to cool. Stir in tinned fruit or low-sugar yoghurt and place in refrigerator to set.

Banana pops

Peel and halve bananas, insert popsicle stick into one end of each half. Coat with low-sugar yoghurt and freeze.

Soup

Choose a non-creamy soup variety such as tomato. Recommended serving, 1 cup.

Blueberry smoothie

Blend 1/3 cup HiLo milk, 2/3 cup frozen blueberries and ice. Consume while cold.



Visit futurethinking.abilitycentre.com.au for more information.

