



Catriona McMorris

HEALTHY SNACKS

Healthy snacks aim to keep your blood sugar stable in between meals. Snacks are great when you have a busy day ahead, when you know you experience slumps like 11.30am / 3pm , before you go shopping, sitting down at night time, and when triggers or cravings arise for you.

As with all meals , it is important to eat a balanced snack and to minimise and avoid spikes in blood sugar. It's important to have snacks when you need them and not out of boredom!

- 'Ants on a log' (1 medium celery stick with 1 -2 tsp nut butter topped with 1 chopped date or 1 chopped fig or 3-4 sultanas or 3-4 raisins)
- 2 x dried figs = 1 portion
- 2 x dates = 1 portion
- 2 x dried apricots = 1 portion
- ***Dried fruits are concentrated sources of natural sugars. Stick to the portions above. To bulk out chop up and add into your popcorn bag mix (see below) or have with cheese & wholegrain cracker to bulk out and to balance sugar levels***
- 2 squares of dark chocolate – good quality and 70% and above
- 1 medium sliced apple with nut butter
- Sliced banana with nut butter * 1 banana per day so check your days menu!
- Handful nuts – 25g a portion.
- Piece of fruit * **It is advisable if you are managing your weight to keep to 2-3 portions per day and bulk up on vegetables to get your healthy daily amount***
- 1 pot (150g) Natural Yogurt with some mixed seeds e.g. pumpkin / sunflower and a handful of berries * Avoid fruit flavoured yogurts. Get your sweet hit from natural sweetness of berries
- Roasted chickpeas * **See recipe below*** these are so satisfying but remember ½ tin = 1 portion!



- Cocktail stick with one olive, mozzarella ball, cherry tomato drizzled with basil pesto x 2
- 1 carrot sliced into strips / ¼ pepper / ¼ cucumber with 2 tbsp hummus / tapenade * **See recipe**

MOVIE NIGHT

- Popcorn mix – 30g popcorn, handful mixed nuts, 2 sq dark chocolate chopped. Add in a sprinkle of seasalt
- Popcorn 30g or half a microwave bag (no added butter)

ROASTED CHICKPEAS

This is a great savoury snack, filling and satisfying! Experiment with spices of your choice. I love Indian flavours but paprika, basil etc also fab!

Oven 150 degrees for 30 – 40 mins / 1 portion = half tin

- 1 x tin chickpeas
- Cumin
- Garam Masala
- Turmeric
- Sea salt
- Black Pepper
- 1-2 Tbsp Olive Oil

Drain the chickpeas into a bowl and add two 1-2 tbsp of olive oil. Add in spices of your choice, mix well. Turn onto a roasting tray and bake for 30 – 40 mins. Check after 20 / 30 mins so nice and crispy. If they are still soft leave for a little longer. Have alone or add to salad bowls.

HUMMUS RECIPE

With food processor or hand blender, blend a can of drained chickpeas, with 1 tablespoon tahini, 1 clove garlic, juice of 1 lemon, pinch sea salt, ½ teaspoon of cumin and 1 tablespoon olive oil. This will keep in the fridge for about 3 days.

TAPENADE RECIPE

With food processor or hand blender, blend together 1 small jar of black pitted olives, 1 clove of garlic, 2 teaspoons of capers, 3-4 anchovies, 1 tablespoon extra-virgin olive oil, juice from ½ a lemon. Keep refrigerated and consume within 3 days.