

# Eat good. Feel good.

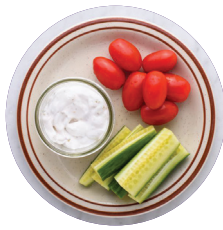
Check out our  
healthy snack  
ideas and some  
of our easy-to-  
make recipes!

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# Snack- O-Clock



1 cup cut up vegie sticks  
e.g. cucumber, capsicum, carrot  
+ 1/3 cup hummus or tzatziki



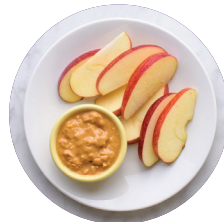
1 small handful (30g)  
mixed nuts



1 cup air-popped and  
lightly seasoned popcorn



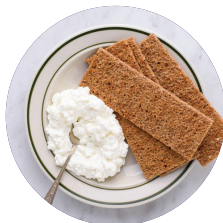
1/3 cup spiced  
roasted chickpeas



1 sliced apple +  
1 tablespoon natural  
nut butter



1 low fat high protein  
yoghurt (> 10g protein per  
serve) + 1 cup berries



4 wholegrain crackers +  
1 slice reduced fat cheese  
+ 1/2 tomato



1 slice multigrain toast +  
1/4 avocado + 1 boiled egg



2-3 Medjool dates filled  
with 1 teaspoon  
of nut butter

# 2



## on-the-go healthy snack ideas

- 01.** 1 banana cut lengthwise, spread with nut butter and sprinkled with seeds (sesame, sunflower, pumpkin)
- 02.** 1/4 cup of mixed raw nuts and seeds with 1 teaspoon of goji berries
- 03.** 1/2 cup of natural/Greek yoghurt, 1/4 teaspoon of cinnamon, 1 tablespoon of raw nuts
- 04.** 1 small can of tuna (line caught), with 1/4 avocado
- 05.** 2 boiled eggs (organic/free range) with 1 teaspoon of chia seeds
- 06.** 1/2 avocado, 1 tablespoon of cold pressed olive oil poured into the centre, 1/2 teaspoon of chia seeds sprinkled on top
- 07.** Selection of vegetable sticks (carrot, celery, cucumber, capsicum, green beans) with 1/3 cup of hummus OR Greek yoghurt (with lemon juice and mint) OR creamy avocado dip/ guacamole
- 08.** 1 apple cut into slices, with 1 tablespoon of nut butter, sprinkled with cinnamon
- 09.** Roasted vegetable chips (thin slices of carrot, beetroot, sweet potato baked in the oven with a drizzle of coconut oil)
- 10.** Green Glow Smoothie
- 11.** 2 dates open, put walnuts or almonds inside and sprinkle with cinnamon
- 12.** 1/3 cup of roasted chickpeas with herbs and spices ([see overleaf for recipe](#))
- 13.** 2 squares of dark chocolate (minimum 70% cocoa)
- 14.** 2 small power balls
- 15.** Sweet Corn, Pea and Carrot Fritters ([see overleaf for recipe](#))
- 16.** 1/4 cup of chia seeds soaked in 1 cup of water for up to 10 minutes. Add 1/2 cup of fruit and a tablespoon of coconut yoghurt/Greek yoghurt
- 17.** Muesli bar slice (oats, nuts, olive oil, raw honey, cinnamon, eggs)
- 18.** Savoury or sweet pancakes (made in advance, frozen and eaten as a snack. Ensure they are low sugar and have fresh fruit or vegetables included)
- 19.** Savoury muffins or frittatas made in advance.
- 20.** 1 apple with a handful of nuts

# Pea Happy!

## Sweet Corn, Pea and Carrot Fritters

1 cup wholemeal flour  
1 tsp baking powder  
1 egg  
¾ cup milk  
1 cup frozen peas, corn and carrots  
2 tbsp shallots  
Salt and pepper to season  
1 tbsp olive oil for cooking  
Natural yoghurt and fresh herbs to serve

- STEP 1** Sieve flour and baking powder into a bowl. Mix in the egg and milk until combined into a batter.
- STEP 2** Add frozen vegetables and shallots and mix well. Season with salt and pepper.
- STEP 3** Heat some of the olive oil to a medium temperature and add in a heaped tablespoon of the batter and press down gently. You will be able to fit 3-4 fritters in a pan (depending on your pan size).
- STEP 4** Cook the fritters for approximately 5 minutes on each side over a medium heat or until they are a golden brown colour.
- STEP 5** Serve topped with natural yoghurt and a sprinkle of fresh coriander or other herbs.
- STEP 6** These can be cooked in a bigger batch and then frozen, or will keep in the fridge for 2-3 days.

Makes approximately 4 serves  
or 8 large fritters.

Make the fritters bite-sized for  
kids (or adult!) snacks.



## Roasted Chickpeas

1 tin of chickpeas dried with a tea towel  
1 tablespoon of olive oil  
Sprinkle of salt

- STEP 1** Heat oven to 200 degrees C.
- STEP 2** Mix chickpeas, olive oil and salt together with your hands a baking tray.
- STEP 3** Cook for approximately 20 minutes (or until crisp), stirring after 10 minutes.
- STEP 4** Season with 2 tsp of rosemary and lemon zest. Additional seasonings could include 2 tps of a variety of herbs and spices including: paprika, onion and garlic powder; garam masala, or curry powder.
- STEP 5** Keep fresh in an air tight container for 2-3 days.



These chickpeas will have a  
softer texture after a day than  
store bought chickpeas as this  
recipe is baked and not fried.