


As a school we have thought about healthy snacks. We have come up with a few recipes you might like to try!



Please let us know which healthy snacks you have tried. We would love to see photos of them.

Sugar Free Banana Cupcakes By Reception

Ingredients (makes 16 cupcakes)

125g self-raising wholemeal flour
½ tsp baking powder
2 tsp ground cinnamon
75g sultana
50g butter, melted
2 tsp vanilla essence
1 egg
1 tsp milk/water
3 ripe bananas, mashed



Method

1. Preheat the oven to 180C/160C fan/gas mark 4. Prepare cake cases on a baking tray.
2. Weigh the flour, baking powder, cinnamon and sultanas into a bowl and mix with a wooden spoon. Then weigh the butter, vanilla essence, egg, water/milk and mashed bananas and put into another bowl and mix with a small balloon whisk or fork.
3. Pour the 'wet' banana mixture into the 'dry' flour mixture and combine thoroughly with a wooden spoon.
4. Put a spoonful of mixture into each cake case. Bake for 25 minutes or until a skewer inserted in the middle comes out clean. Remove from the oven and allow to cool.
5. Enjoy 😊

Our final recipe by Year 2

Ingredients

- ⅓ cup extra-virgin olive oil
- ½ cup maple syrup
- 2 eggs
- 3 mashed bananas
- ¼ cup milk
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon cinnamon, plus more for sprinkling on top
- 1 ¾ cups [white whole wheat flour](#) or regular whole wheat flour
- Large handful of chocolate chips
- ⅓ cup gluten free oats, plus more for sprinkling on top
- 1 teaspoon granulated sugar, for sprinkling on top

Recipe

- Preheat the oven to 165 degrees Celsius.
- Firstly, in a large bowl, beat the oil and maple syrup together with a whisk.
- Next, add the eggs and beat well. Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
- Then add the flour and oats to the bowl and mix with a large spoon, just until combined.
- Following that mix in the chocolate chips
- After that, divide the mix evenly between the muffin cups, filling each cup about two-thirds full. Sprinkle the tops of the muffins with a small amount of oats (about 1 tablespoon in total), followed by a light sprinkling of sugar (about 1 teaspoon in total).
- Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
- Finally, place the muffin tin on a cooling rack to cool.

Dried fruit energy nuggets made by Year 3

INGREDIENTS

- 50g soft dried apricot
- 100g soft dried
- 50g dried cherry
- 2 tsp coconut
- Oil
- 1 tbsp toasted sesame seed

Method

Whizz apricots with dates and cherries in a food processor until very finely chopped.

Tip into a bowl and use your hands to work in coconut oil.

Shape the mix into walnut-sized balls, then roll in sesame seeds.

Store in an airtight container until you need a quick energy fix.



PREP: 10 mins, No cook
Easy
Makes 6

- Give your energy levels a real boost with these nutritionally-balanced healthy fruit bites

Year 4's Spiced Apple Crisps

Ingredients


10 Granny Smiths Apples
Mixed Spice (for sprinkling)



Method

Heat the oven to 160C/ 140C fan/ gas mark 3. Take out the core from the apple and slice through the middle into very thin slices 1 - 2mm thick. Dust with the mixed spices and lay flat on a baking sheet lined with parchment paper.

Cook for 45 mins - 1 hour, turning halfway through and removing any crisps that have turned brown. Continue cooking until the apples have dried out and are light golden. Cool, store in an airtight container and enjoy as a snack.



Banana cookies made by Year 5

Ingredients

3 ripe bananas

125g butter

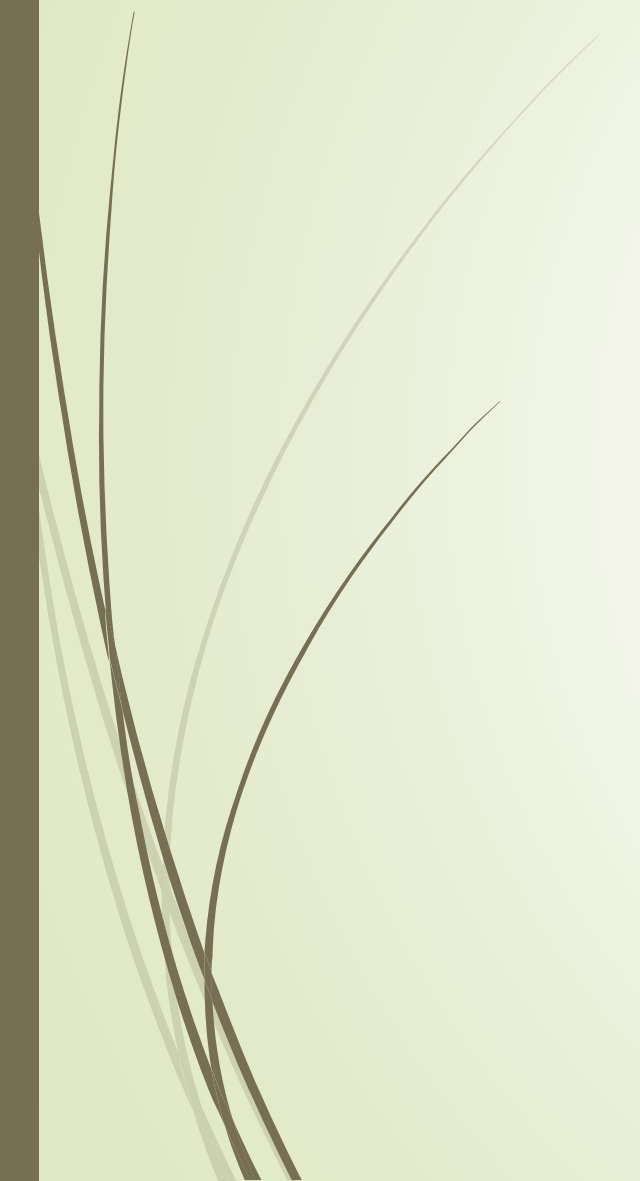
1cup sugar

½ cup SR flour

½ desiccated coconut

½ cup rolled oats

Method

1. Cream butter and sugar together.
 2. Add rolled oats flour and coconut
 3. Stir in the mashed bananas.
 4. Roll into small balls
 5. Cook for 10mins
 6. Enjoy
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Healthy smoothies enjoyed by Year 6



500g natural yoghurt
200ml apple juice
2 tsp honey
20 strawberries halved
3 large bananas sliced
4 large handfuls of blueberries