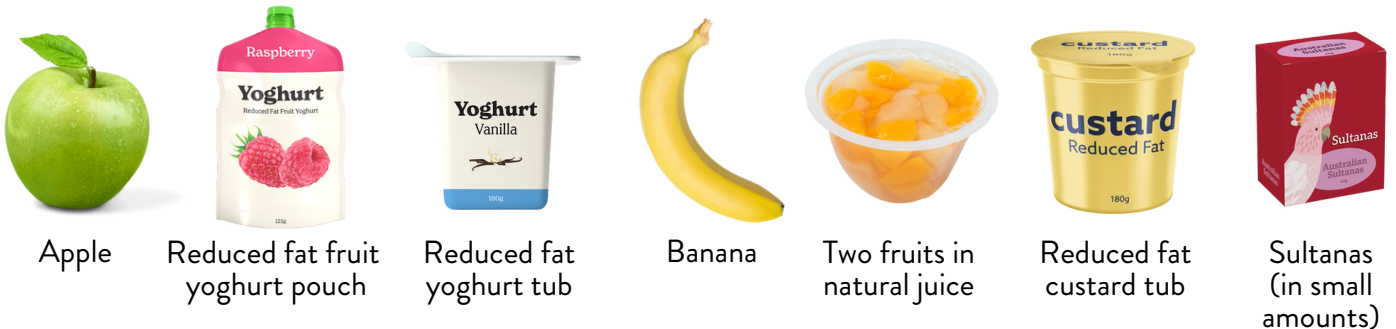


SWAP IT SWEET

Snacks that require no preparation

Looking for some sweet everyday snack ideas that require no preparation?
See below for some easy options.



FRUIT:

Fresh whole fruit

- For example, apples, bananas, mandarins

Dried fruit store bought snack packs (in small amounts)

- Sultanas, dried apricots, dried prunes, red dates

Tinned/ Canned Fruit in natural juice – store bought single serves

- Two fruits
- Peaches
- Mangoes
- Pineapple
- Pears
- Apricots
- Rock melon and fruit salad in natural juice tubs

Ensure you choose fruit that is in natural juice only, not syrup. Remember to be mindful of the size and choose the smallest portion.

YOGHURT SNACKS:

- Reduced fat yoghurt squeeze pouches and mini tubs (no added sugar): Greek style yoghurt, natural yoghurt, fruit yoghurt (no added sugar)

CUSTARD SNACKS:

- Reduced fat plain custard pouches and mini tubs

SWAP FROM



Fruit strings

SWAP TO



Banana



SWAP IT SWEET

A little preparation

Looking for some sweet everyday snack ideas that require little preparation?
See below for some easy options.



Reduced fat
yoghurt tub



Red Dates



Wholegrain cereal
bites



Tinned fruit



Pikelets

FRUIT:

- Buy large containers of dried, tinned or stewed fruit and repackage into small containers.
- Dried fruit (in small amounts)- sultanas, prunes, apricots, apple and figs.

When buying tinned or stewed fruit, such as two fruits, peaches or pears, ensure you choose fruit that is in natural juice only, not syrup.

CUSTARD:

Buy large tubs of reduced fat custard and repackage into smaller containers.

CEREAL:

- Buy large packs of cereal and repackage into smaller containers e.g. Wholegrain cereal bites

YOGHURT:

Buy large tubs of reduced fat yoghurt and repackage into smaller containers or reusable squeeze pouches.

- Reduced fat tubs (no added sugar): Greek style yoghurt, natural yoghurt, fruit yoghurt (no added sugar)

**SWAP
FROM**



Muesli bar



**SWAP
TO**



Wholegrain cereal bites

SWAP IT SWEET

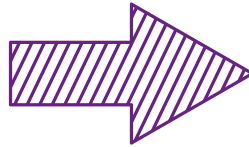
Homemade everyday snacks

Looking for some homemade sweet everyday snack ideas?

SWAP FROM



Chocolate chip muffin



SWAP TO



Fruit Scone

See below for some easy homemade everyday snacks.

Banana Pikelets

Flavoured Greek Yoghurt

Fruit Kebabs

Fruit Scones

Pumpkin Scones

Vanilla Custard

To view more recipes ideas, visit www.swapit.net.au/recipes

