

Healthy School Snacks

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THINK OF THINGS YOUR GREAT -GREAT GRANDMOTHER
WOULD HAVE (AND COULD HAVE) EATEN EVERY DAY



Stop Eating This!

SUGGAR



Too much sugar = hyperactive, jittery then tiredness, tooth decay, inability to concentrate, depressed, anxious

Soda and similar
sugary drinks are the
#1 source of added
sugar in our diet

*HOW MANY TEASPOONS
OF SUGAR ARE IN A CAN OF
COKE?*





Eat More of this!

FRUIT & VEGETABLES

- ◆ Eating fruit & veg lowers the risk of heart disease, cancer and high blood pressure.
- ◆ Nutrients like vitamins A & C and fibre.
- ◆ Great for immune system, hair, skin and digestion





HOW TO PACK A SNACK BOX

VEGETABLES

- ◆ Carrots, cucumber, cherry tomatoes, celery, peppers
- ◆ Dips: Hummus / cream cheese / guacamole
- ◆ Cucumber boats with cream cheese & ham
- ◆ Ants on a log (demo)
- ◆ Corn on the cob



Simple hummus recipe

1 can (400g) chickpeas

3 tbsp olive oil

1 tbsp lemon juice

1 tsp tahini

1 garlic clove, crushed

Method:

Put all ingredients except oil in a blender and blitz till smooth. Drizzle in oil a little at a time and continue to blend until all combined.



FRUIT

- ◆ Kiwis with tops cut off
- ◆ Fruit salad
- ◆ Fruit kebabs
- ◆ Small portion dried fruit
- ◆ Apple cinnamon chips
- ◆ Apple sandwiches



INCREDIBLE HULK SMOOTHIE

- ◆ INGREDIENTS:

- ◆ 1/2 cup cold water
- ◆ 1 medium banana frozen
- ◆ 1 cup pineapple
- ◆ 1 cup fresh spinach



METHOD

- ◆ Put all ingredients in a blender in the order they're listed
- ◆ Blend until smooth and serve!

HEALTHY GRAINS

- ◆ Whole grains provide more fibre, vitamins and minerals
- ◆ Wholewheat wraps, pitta pockets or sandwiches
- ◆ Fillings: lean chicken, ham, turkey, egg, tuna, slices of avocado, grated carrot, Hummus, cream cheese



TORTILLA PIZZA

- ◆ Ingredients: 1 wholemeal wrap, tomato purée or paste, grated cheese, sweetcorn/ peppers, ham or salami (optional)
- ◆ Method: brush olive oil on a sheet of tin foil, place wrap on foil, cover in tomato recipe purée, scatter over cheese add ham/ salami
- ◆ Bake for 10 mins or until golden



CHEESY CHIPS

- ◆ Ingredients: 2 wholemeal wraps, olive oil, grated cheese
- ◆ Method: chop wrap into triangles, brush tin foil with olive oil, place triangles on foil, drizzle over olive oil, scatter with cheese
- ◆ Bake until golden and crispy



HOMEMADE TRAIL MIX

- ◆ Ingredients: seeds, dried fruit, cereal, popcorn, chocolate chips
- ◆ Method: place in bag and shake
- ◆ cereal has no more than 8gms of sugar per serving



APPLE MUFFINS

- ◆ Ingredients: 200g self raising flour
- ◆ 2tsp baking powder
- ◆ 1tsp cinnamon
- ◆ 50g wholemeal flour
- ◆ 100g golden caster sugar (cane)
- ◆ 2 eggs
- ◆ 125ml milk
- ◆ 4 tbsp olive oil
- ◆ 2 apples grated
- ◆ 100g raisins (optional)



APPLE MUFFINS

- ◆ Method:
- ◆ Heat oven to 180c/ 160c fan/ gas4
- ◆ In large bowl mix the self-raising flour, baking powder, cinnamon, wholemeal flour and golden sugar
- ◆ In another bowl mix eggs, milk and oil. Pour wet ingredients into dry and mix well.
- ◆ Stir in grated apple and raisins (if using)
- ◆ Divide mixture between 12 muffin cases and bake for 25 mins
- ◆ Cool on wire rack

Healthy Egg Muffins

- ◆ Olive oil
- ◆ 6 eggs
- ◆ Salt and pepper to taste
1/2 cup cooked chopped spinach
- ◆ 1/3 cup chopped ham
- ◆ 1/3 cup grated cheese
- ◆ Makes 6 muffins



EGG MUFFIN METHOD

- ◆ Preheat oven to 375 degrees / 190c. Coat 6 muffin cups in olive oil
- ◆ Crack eggs into large bowl and whisk
- ◆ Add spinach, ham and cheese to eggs and stir
- ◆ Divide egg mixture evenly among the muffin cups
- ◆ Bake for 15-18 mins or until eggs are set

NO BAKE GRANOLA BITES

- ◆ 1 cup oats
- ◆ 1/4 cup pumpkin seeds
- ◆ 1/4 cup sunflower seeds
- ◆ 1/4 cup raisins
- ◆ 1/4 cup mini chocolate chips
- ◆ 2 tablespoons honey
- ◆ 2 tablespoons maple syrup
- ◆ 1 teaspoon vanilla extract
- ◆ 1/2 teaspoon ground cinnamon



GRANOLA BITES METHOD

- ◆ Place all the ingredients into a food processor or blender and blend at high speed until the mixture is a sticky crumb.
- ◆ Rub your hands with coconut/olive oil and firmly press and shape the mixture into balls.
- ◆ Refrigerate for 1-2 hours
- ◆ Keep in an air tight container for up to a week

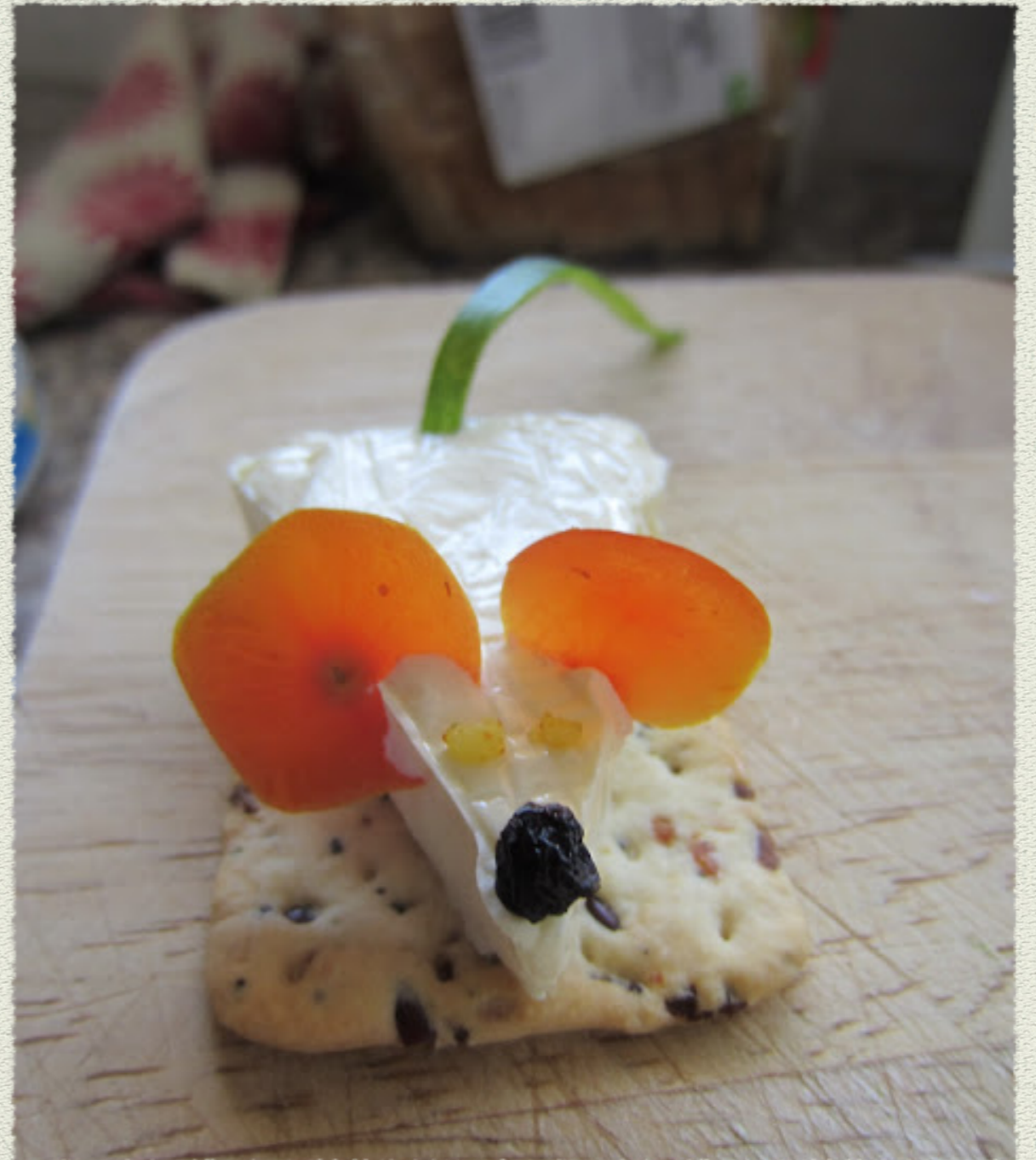
OTHER EASY OPTIONS

- ◆ Cracker cheesecakes: 2 crackers, spread with cream cheese and jam
- ◆ Rice cakes
- ◆ Ham and cheese wheels
- ◆ Plain popcorn
- ◆ Bread sticks
- ◆ Pretzels (occasionally)
- ◆ Sushi
- ◆ Seaweed
- ◆ Boiled eggs



DAIRY

- ◆ Great source of calcium - helps build strong bones
- ◆ Cheese chunks/ triangles
- ◆ Add chopped fruit
- ◆ Yoghurt - full fat/ low sugar
- ◆ Add an ice pack to keep cool!



Tiffany Rowlands

Eat well, Live well

Private Consultations available



tiffany rowlands 

Guangzhou, Guangdong



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Sunshine Bay Cafe

- ◆ Sunshine Bay Cafe located behind K11
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Juan@Sunshine Bay Café



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