

Corn Relish Dip and Bikkies

by Krystal

Ingredients

1 x 250g tub low fat cream cheese

1/2 x 400g jar corn relish

Method

1. Put cream cheese in a bowl.
2. Add half a jar of corn relish.
3. Mix well.
4. If needed add a dash of skim milk to make smooth.
5. Service with crackers and enjoy! Yummy!



Traffic Light Sandwiches

by Keyana

Ingredients

4 slices of bread

Butter

Shredded lettuce

2 slices of cheese

2 slices of tomato

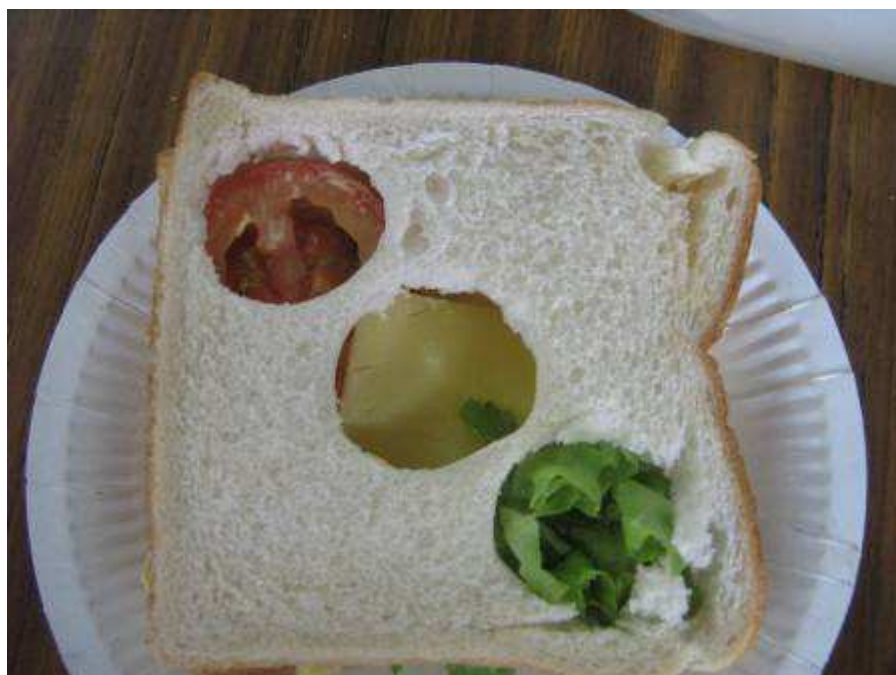
Equipment

A knife for spreading and cutting

Small scone cutter to make the holes

How to make

1. Spread the butter lightly on the bread.
2. Place the tomato at the top corner, slice of cheese in the middle and lettuce on the bottom of the bread.
3. Using a small scone cutter cut 3 holes out of the second slice of bread and place over the filling.
4. Now you have your Traffic Lights.



Cheese and Sultana Sandwich

by Dean

Ingredients

2 slices of bread
1 slice of cheese
1/3 cup sultanas
Butter

Method

1. Butter both slices of bread.
2. Unwrap cheese and put on bread.
3. Sprinkle sultanas over.
4. Put 2nd piece on top
5. Cut — you can ask for help.
6. Enjoy!



The Hungry Cheese Snacks

by Madison

Ingredients

Cheese

Crackers

Ham

Method

1. Get a plate.
2. Put the crackers on the plate.
3. Cut the cheese to fit.
4. Cut the ham to fit on the crackers.
5. Put the cheese and ham on the crackers.
6. Eat it up before someone else does.



Banana Smoothie

by Billie

Ingredients

Banana

Milk

Utensils

Blender

Cut

Knife

Method

1. Cut up all the banana.
2. Pour milk into the cup.
3. Cut the banana into the cup.
4. Get the blender.
5. Blend it up.
6. Drink and enjoy.



Banana Sandwich with Sprinkles

by Leeah

Ingredients

2 slices of bread

Butter

1 banana

Sprinkles

Method

1. Butter bread
2. Spread banana on bread.
3. Spread a few sprinkles on the banana.
4. Put the other slice of bread on top.
5. Enjoy.



Pizza Wrap

by Ebony

What you need

A plate

A spreading knife

A teaspoon

Ingredients

1 piece of mountain bread

1 teaspoon of tomato sauce

1 slice of ham

1 slice of cheese

Method

1. Spread the tomato sauce on the mountain bread.
2. Place the ham on top.
3. Add the cheese.
4. Put on a plate.
5. Eat your pizza sandwich.



Orange Ice Blocks

by Jay

Ingredients

Orange juice

Oranges

You will need:

Plastic cups

Paddle pop sticks

Method

1. Cut oranges into pieces.
2. Make up orange juice.
3. Put a piece of orange into a cup.
4. Fill with juice and then put a paddle pop stick in the cup.
5. Put in freezer and wait until frozen.
6. Repeat.



Fruit Skewers

by Toby

Ingredients

1 skewer

Cut up watermelon

Cut up banana

And any other fruit you would like.

Method

1. Thread on to skewer.
2. Eat !

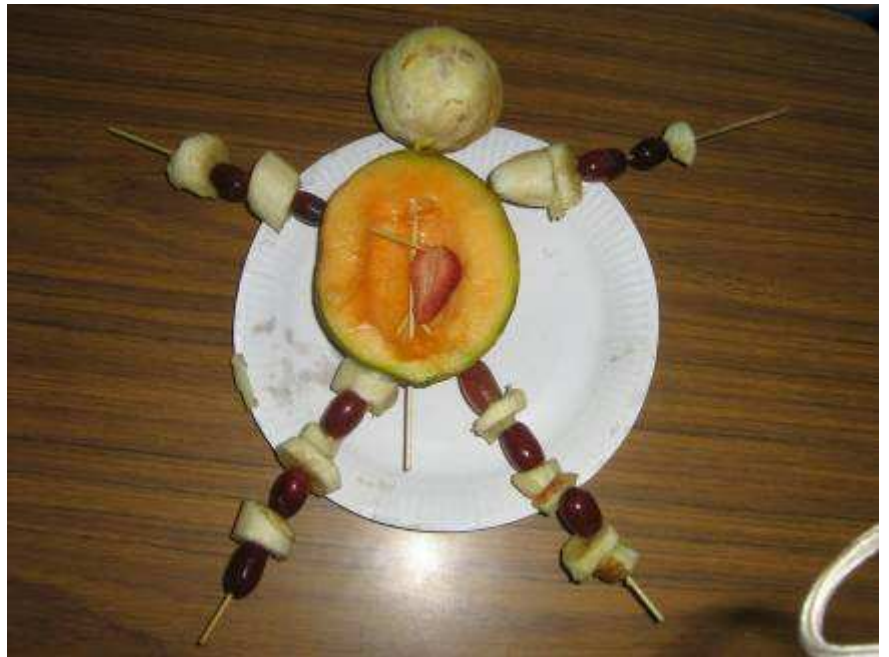


Fruit Man

by Joseph

Ingredients

- 1 orange
- 1 half rockmelon
- 1 apple
- Bunch of grapes
- 1 banana
- 1 strawberry
- 5 sticks



Method

- 1 Peel orange.
- 2 Scrape seeds from rockmelon.
- 3 Peel apple and dice.
- 4 Peel banana and slice.
- 5 Put apple, banana and grapes on 4 sticks.
- 6 Put orange and rockmelon on stick.
- 7 Insert sticks and strawberry.

Peanut Sultana Bix

by Kane

Ingredients

Weetbix

Peanut butter

Honey

sultanas

You will need:

Knife

Plate



Method

1. Grab some Weetbix out of the box.
Place on plate.
2. Place some peanut butter on the Weetbix.
3. Place some sultanas on the Weetbix.
4. Drizzle some honey on the Weetbix.
5. Eat and enjoy.

Strawberry Surprise

by Hayley

Ingredients

$\frac{3}{4}$ cup low fat milk
 $\frac{1}{2}$ cup low-fat strawberry
yoghurt
 $\frac{1}{2}$ punnet strawberries
Pinch cinnamon
Oranges

You will need:

Chopping board and knife
Measuring cups
Blender or food processor
Glasses



Method

1. Pour milk into blender or food processor.
2. Wash strawberries and remove stalks.
3. Put the strawberries into a blender
4. Add the strawberry yoghurt.
5. Put the lid on the blender. Blend well until thick and frothy.
6. Pour into two glasses and sprinkle with cinnamon.

Banana Sandwich

by Tyler

Ingredients

Bread

Butter

Banana

Method

1. Butter the bread.
2. Slice up the banana.
3. Place sliced banana on the bread.



Smiley Face

by Samantha

Ingredients

Grated Cheese

Cherry Tomato

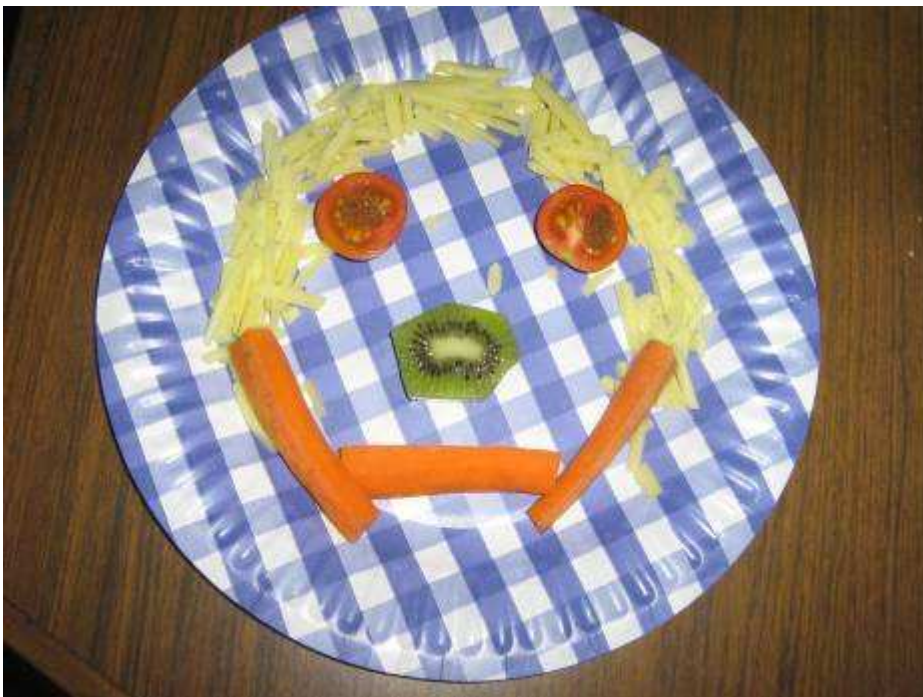
Carrot

Kiwi fruit

Sultanas

Method

1. Get the cheese and make it look like hair.
2. Cut the cherry tomato in half, use as eyes, put a sultana in the middle of each tomato.
3. Arrange the carrot pieces to make a mouth.
4. Put the kiwi fruit on for a nose.



Fruit Man

by Tawhiri

Ingredients

Banana

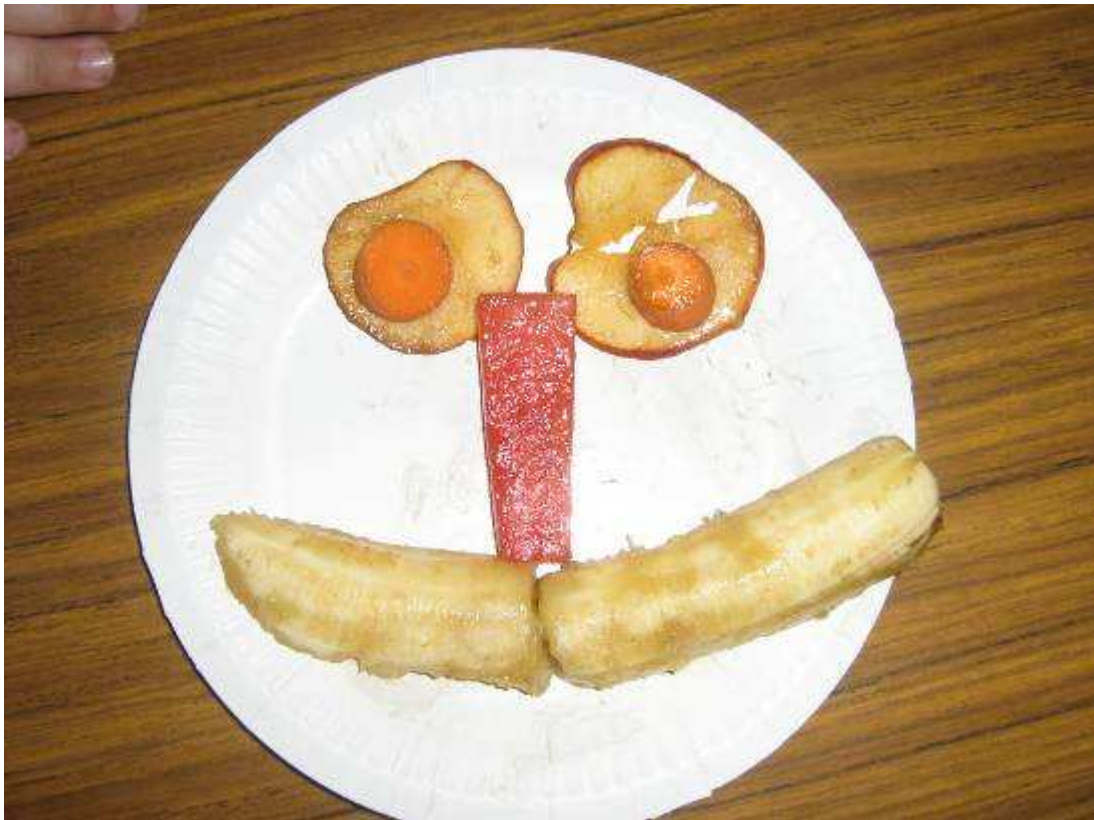
Apple

Carrot

Watermelon

Method

1. Cut the carrot for the eyes.
2. Cut the apple for the eyes.
3. Cut the watermelon for the nose.
4. Cut the banana in half for the mouth.



Fruit Sticks

by Daniel

Ingredients

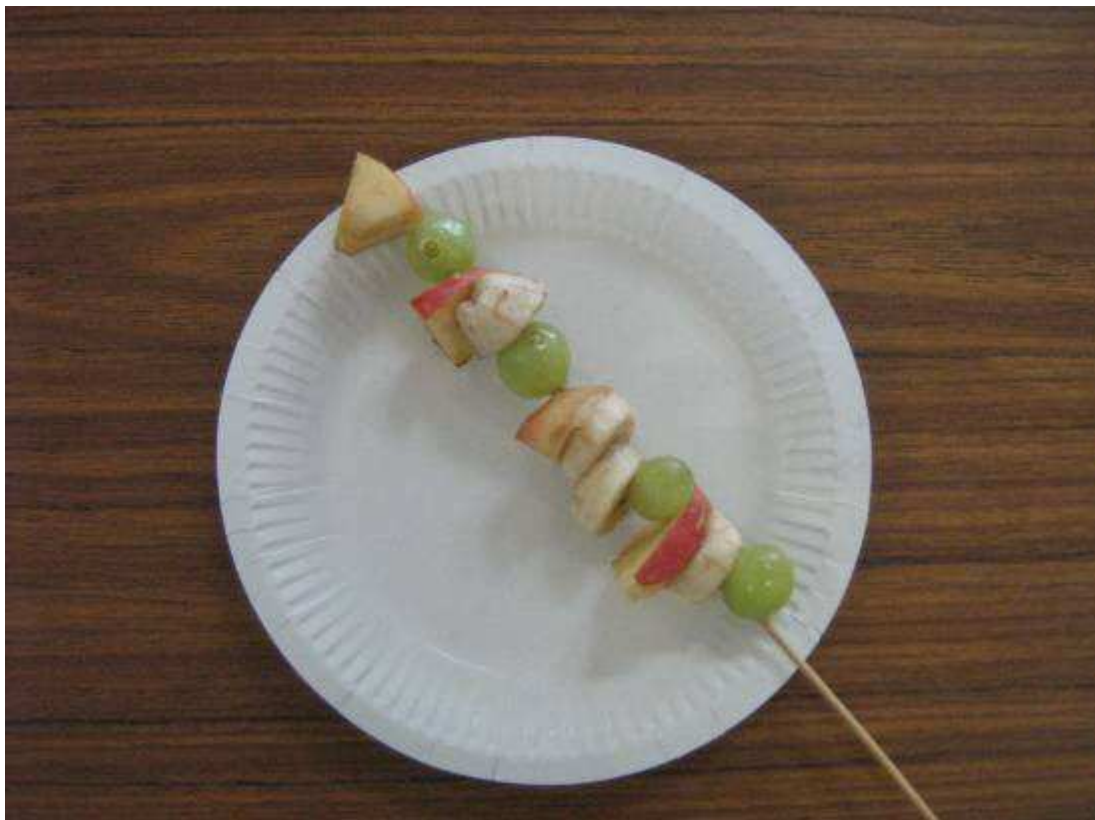
Banana

Grapes

Apple

Method

1. Chop up the banana and apples.
2. Slide the pieces of fruit onto a stick.
3. Eat it.



Fruit Salad

by Letesha

Ingredients

Pineapple

Apple

Grapes

Kiwi Fruit

Rockmelon

Banana

Method

1. Cut up all the fruit into bite sized pieces.
2. Put all the fruit in a bowl.
3. Mix with a spoon.
4. Eat it.



Garden Salad

by Madeline

Ingredients

Lettuce

Cucumber

Onion

Tomato

Method

1. Slice the onion and put it in the bowl.
2. Cut the cucumber up. Put it in the bowl.
3. Cut up the tomato and put it in the bowl.
4. Take leaves of the lettuce and put it in the bowl.
5. Mix it and then eat.



2D's
Healthy
Snacks

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