

Fresh for Kids®

Easy after-school snacks



For fresh fruit and vegetable recipes visit
www.freshforkids.com.au

SYDNEY MARKETS®

Easy after-school snacks

Tempt kids with these quick and easy after-school snacks.

Nashi with cheese

Serves: 2-1

1 nashi pear
4 wedges reduced fat tasty cheese

Quarter nashi and remove core. Top each nashi quarter with a wedge of cheese, secure with a toothpick and serve.

Papaya and banana smoothie

Serves: 2

1½ cups reduced fat milk
200g carton reduced fat tropical yoghurt
½ small papaya, peeled and deseeded
1 banana, peeled

Combine milk, yoghurt, papaya and banana in a blender. Blend until smooth. Pour into serving glasses and serve.

Avocado & Vegemite muffins

Serves: 1-2

½ small ripe avocado, peeled and deseeded
1 wholegrain English muffin, split in half
Vegemite, to taste

Roughly mash avocado. Toast muffin. Spread cut side of muffin with vegemite. Top with avocado and serve.

Fresh for Kids®
www.freshforkids.com.au



Avocado

- Avocados contain fat, but it's 'good' unsaturated fat that provides essential fatty acids needed for healthy membranes around all body cells.
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy state.
- A good source of vitamin B6. This vitamin has many functions and helps the body use the amino acids from proteins in building muscle tissue.

SYDNEY MARKETS®