

**TRY SOME OF THESE DELICIOUS AND REALLY EASY TO MAKE SNACKS TO TAKE A BREAK AND BOOST YOUR BRAIN POWER....**

## EDIBLE PLANT POTS

150g cottage cheese  
 50g wholemeal croutons, buy them and blitz them to a powder in the food processor your choice of vegetables; carrots, cucumber, things you can eat raw or lightly cooked.

### METHOD:

Layer the cottage cheese into a glass, mug or even a clean plant pot, top with the crumb to make the 'soil'. Push in the veggies to make it look like a garden, simple! Pretty to look at and tasty to eat, plus it'll give you a boost!



## SOFT BOILED EGGS AND MARMITE SOLDIERS

2 eggs  
 2 slices wholemeal bread, toasted



### METHOD:

Heat a saucepan of salted water until it boils, add the eggs and set a timer for 6 minutes. Take your warm toast, spread with butter and Marmite and slice into 'soldiers'. Take the tops off the eggs and get dipping!

## HONEY, FRUIT AND NUT GRANOLA BARS

Pre-heat the oven to 160°C.  
 100g butter, melted  
 200g porridge oats  
 200g mixed nuts and seeds, buy them already done to save time and money  
 100g bag mixed dried fruit, cranberries, golden raisins etc  
 85ml runny honey



### METHOD:

Mix everything in a large bowl, pout the mix into a baking paper lined baking tray and bake for 30 minutes, allow to cool before slicing.

## COCONUT CHIA POT AND FRUIT COMPOTE

30g chia seeds  
 100ml coconut milk  
 Your favourite selection of berries, lightly dusted with caster sugar and left for about an hour to macerate. (they will create their own syrup)  
 Toasted coconut shavings



### METHOD:

Soak the chia seeds in the coconut milk for about 20 minutes. Arrange the fruit on a plate or top the chia seeds with them and finally top with the toasted coconut.

## CINNAMON BAKED PLUMS AND APPLES, OAT CRUMBLE, CRÈME FRAICHE

2 ripe plums, stone removed and quartered  
 2 red eating apples, cored and 1cm diced  
 45g caster sugar  
 100ml water  
 75g porridge oats  
 15g butter, melted  
 ¼ teaspoon vanilla extract  
 80ml crème fraiche



### METHOD:

Preheat the oven to 180°C.  
 Boil the water and sugar until half of the water has gone, add the plums and apples, remove from the heat and leave for 5 minutes. Mix the melted butter and the oats. Put the apple and plum mix into an ovenproof dish and top with the oats. Bake for 15 minutes. Stir the vanilla extract into the crème fraiche. Spoon the crème fraiche on top of the crumble and get stuck in!

## PEANUT BUTTER AND BANANA WHOLEMEAL TOASTIE

Toast 3 slices of wholemeal bread and make a triple decker, layering crunchy peanut butter with thinly sliced bananas.

