

Key:

DF = Dairy-free

EF = Egg-free

GF = Gluten-free

V = Suitable for vegetarians

VV = Suitable for vegans

Snacks for 1 – 4 year olds

1. Mini salmon sandwiches with cucumber sticks
2. Pikelets with apples and grapes
3. Pitta fingers, mashed avocado and carrot sticks
4. Blueberry scone with kiwi slices
5. Oatcakes, soft cheese with red and green beans
6. Bread sticks with borlotti bean dip and green beans
7. Seeded bread with egg slices and cherry tomatoes
8. Yoghurt with pears and blackberries
9. Scotch pancakes and plums
10. Rice cakes with raspberries

Mini salmon sandwiches with cucumber sticks **EF DF**

This recipe makes 4 portions of about 25g (1 slice) white bread, 30g salmon and 40g cucumber sticks per portion.

Ingredients

- 4 large slices of white bread
- 170g tin of salmon (drained and skinned = 136g)
- Juice of ½ lemon
- ½ (160g) cucumber

Method

1. Mix together the salmon and lemon juice.
2. Wash the cucumber and cut into sticks.
3. Spread 2 slices of bread with the tuna mix and put the 2 other slices of bread on top to make 2 rounds of sandwiches.
4. Cut into triangles and serve with the cucumber sticks.



Pikelets with apples and grapes **v**

This recipe makes 4 portions of about 40g pancakes, 20g apple slices and 20g grapes cut into halves.

Ingredients

- 4 pikelets
- 1 tsp vegetable spread
- 80g sliced apples
- 80g grapes cut into halves

Method

1. Wash and dry the apples and grapes.
2. Quarter the apples, remove the core and slice, cut the grapes into halves.
3. Toast the pikelets lightly spread over the vegetable spread and cut into quarters and serve with the apples slices and halved grapes.



Pitta bread fingers, mashed avocado and carrot sticks **v**

This recipe makes 4 portions of about 50g pitta and mashed avocado and 40g carrots.

Ingredients

- 1 ½ pitta breads
- 1 (200g) whole medium sized ripe avocado
- ½ lime juice
- 1 large carrot, washed peeled and cut into sticks

Method

1. Peel and remove stone from the avocado and mash with a fork then squeeze over a little lime juice.
2. Toast the pitta bread and cut into slices.
3. Serve with the carrot sticks.



Blueberry scones with kiwi slices

This recipe makes 4 portions of about 30g blueberry scone and 40g kiwi per portion.

Ingredients

- 2 tablespoons of white flour
- 2 tablespoons of wholemeal flour
- 1 level tsp baking powder
- 1 tablespoon of vegetable fat spread
- 1 small free-range egg,
- ½ tablespoon whole milk
- 1 heaped tablespoon blueberries, washed and dried
- 4 kiwis, washed, peeled and sliced
- ½ teaspoon butter

Method

1. Heat the oven to 230°C/450°F/Gas 6.
2. Mix the flour and baking powder together well.
3. Add the 1 tablespoon of vegetable fat spread and rub into the flour with your fingers until the mixture looks like fine breadcrumbs and stir in the blueberries.
4. Whisk the egg and milk together then add to the flour mixture mix gently and quickly using your fingers or a fork.
5. Turn the sticky dough onto a lightly floured table or board and lightly shape by hand into a circle measuring about 12 cm across and 2.5 cm deep (5" x 1").
6. Place the circle of scone on a baking sheet and bake for about 15 minutes until the scone is cooked and the blueberries have started to burst.
7. Remove from the oven and place on a cooling wire and allow to cool.
8. Cut the round of scone into 6 wedges and serve with the kiwi slices.



Oatcakes, soft cheese with red and green peppers EF V

This recipe makes 4 portions of 1 oatcake, 25g soft cheese and 40g peppers.

Ingredients

- 4 medium oatcakes
- 80g soft cheese
- 160g red and green peppers

Method

- 1 Break the oatcakes into quarters.
- 2 Place the soft cheese in small bowls as a dip.
- 3 Wash the peppers, cut in halves and remove the seeds and stems. Cut each pepper half into strips lengthways.
- 4 Serve.



Bread sticks with borlotti bean houmous dip and green beans EF DF VV

This recipe makes 4 portions of about 8g breadsticks, 30g bean dip, and 40g green beans.

Ingredients

- 120g canned borlotti beans, this is the drained weight of half a 400g can
- ½ teaspoon garlic paste
- 1 teaspoon lemon juice
- 1 teaspoon of vegetable oil
- 1 teaspoon water
- ½ teaspoon paprika powder
- 8 breadsticks
- 160g green beans

Method

1. Place all beans, garlic paste, oil, lemon juice, water and paprika in a blender and blend until smooth or place the ingredients in a bowl and mash well.
2. Wash the green beans, top and tail and plunge into boiling water for about 2 minutes, drain and place into cold water to cool.
3. Serve the bean houmous in small bowls with the breadsticks and green beans



Wholegrain bread with egg slices and cherry tomatoes DF V

This recipe makes 4 portions of about half a hardboiled egg sliced, ½ slice bread (40g) and 40g cherry tomatoes.

Ingredients

- 4 hard boiled free-range eggs
- 2 slices of wholegrain bread
- 160g cherry tomatoes, sliced

Method

- 1 Hard boil the eggs, peel and slice.
- 2 Toast the bread slices and cut each slice into 8 pieces
- 3 Arrange the egg slices, cherry tomatoes and 4 pieces of bread on the plate



Yoghurt with pears and blackberries EF GF V

This recipe make 4 portions of about 75g full fat yoghurt and 20g pears and 20g blackberries.

Ingredients

- 100g full fat yoghurt
- 2 pears
- 80g blackberries

Method

- 1 Spoon the yoghurt into small bowls and serve with the pear slices and halved blackberries.



Scotch pancakes with plums **V**

This recipe makes 4 portions of about 40g pancakes and 40g sliced plums

Ingredients

- Scotch pancakes
- 160g (4 medium sized) plums

Ingredients for the pancakes:

- 100g self-raising flour
- 60g free range eggs
- 100mls whole milk
- 5g sunflower oil

Method

1. Put the flour in a bowl, make a well in the centre and add the egg and half the milk and beat to a thick batter. Stir in the remaining milk.
2. Lightly grease a large thick bottom frying pan, preferably non-stick, and heat gently one teaspoon of oil until a haze appears.
3. Spoon the mixture into the pan in tablespoons keeping each spoonful separate.
4. When bubbles rise to the surface turn the pancakes over with a palette knife and cook on the other side for 30 seconds.
5. Wash and dry the plums, cut in half and remove the stones and then slice into smaller pieces.
6. Cut the pancakes into quarters and serve with the sliced plums.



Rice cakes with raspberries EF V

This recipe makes 4 portions of about 8g rice cakes and 40g raspberries.

Ingredients

- 4 rice cakes
- 160g raspberries rinsed and dried

Method

- 1 Cut the rice cakes into quarters
- 2 Serve with the raspberries

