

Apple and cinnamon muffins  
Apple crisps  
Apple slices with peanut butter and/or chocolate nut butter  
Bagels  
Banana Muffins  
Banana and peanut butter wraps/pinwheels  
Boiled eggs  
Breadsticks and humous  
Breadsticks wrapped with ham/parmaham  
Crackers with cream cheese  
Crumpets  
Cheese and crackers  
Chunks of crusty bread/or parmesan croutons dipped into flavoured oil (rosemary oil is a particular favourite!)

Cinnamon and apple straws made from puff pastry  
Cucumber discs with cream cheese  
Cucumber boats filled with peanut butter or cream cheese  
Diced cheese, cucumber and ham skewers  
Egg Muffins – Beaten eggs with cheese and choice of filling, into muffin cases and baked in the oven for 10 mins.  
Energy Balls  
Energy bars  
English muffins  
Frozen banana lolipops  
Fruit skewers  
Granola  
Granola bars  
Granola cups with yogurt and fruit  
Homemade cheese straws  
Homemade crackers  
Homemade fluffy banana pancakes  
Homemade nachos made from wraps – cut wrap into triangles, add some seasoning if required, then bake in the oven to crisp up – then dip into humous or your choice of dip  
Large rice cakes with peanut butter, banana slices and flaked almonds or topping of your choice!  
Large rice cakes with yogurt coating  
Melba toast with dip, cream cheese  
Mini breadsticks and dip  
Pancake muffins – Fluffy pancake batter placed into muffin tin and baked in the oven for 10 mins  
Pancake traybake –Pancake batter poured into baking tray and baked in the oven, then cut into slices/squares  
Pinwheel sandwiches made from wraps or flattened bread – choice of filling  
Pitta fingers or toasted mini pittas  
Popcorn – why not try your own flavours??  
Raspberries filled with chocolate chips  
Roasted chickpeas – go savoury with cumin, ground coriander or try sweet with maple syrup and cinnamon...  
Root vegetable crisps – sweet potato, parsnips, potato, carrots, beetroot  
Seed bars  
Selection of nuts  
Slice of tortilla/frittata  
Smoked Mackerel pate with melba toast/crackers  
Smoothies  
Sweet potato toast with nut butter  
Trail Mix (Popcorn, Pretzels, raisins, dried fruit, nuts, banana chips, chocolate chips, mini breadsticks,  
Wraps  
Yogurt bark