

A photograph of healthy snacks. On the left, a white bowl contains sliced red and green bell peppers and cucumber. In the center, a wooden cutting board holds several stalks of celery. On the right, a white bowl contains hummus topped with red spices and olive oil. The background is a plain, light-colored wall.

SNACKS

Banana and Peanut Butter on toasted Rye Bread

with Exante Diet

A delicious, filling snack that provides a steady slow release of carbohydrates, so you feel energised for longer.

Ingredients:

- 1x tbsp natural peanut butter
- ½ banana
- 1x thin slice rye bread
- Pinch cinnamon

Method:

- 1 Toast the rye bread
- 2 Spread a healthy serving of peanut butter on top
- 3 Slice one small banana and place on top of the peanut butter
- 4 Sprinkle the cinnamon over everything

Nutritional:

Energy (kcal).....	209
Protein (g).....	6.5
Total Carbs (g).....	26.5
Total fat (g).....	8.5



Trail Mix

with Exante Diet

A quick and easy snack to enjoy on the go,
full of antioxidants and vitamins

Ingredients:

- 10g Almonds
- 10g Pecans
- 5g dark chocolate chips
- 5g sunflower seeds
- 5g dried cranberries

Method:

- 1 Roughly chop the cranberries, almonds and pecans (or leave whole according to preference)
- 2 Combine all ingredients in a serving dish

Nutritional:

Energy (kcal).....	208
Protein (g).....	4.8
Total Carbs (g).....	11.8
Total fat (g).....	15.7



Cottage Cheese and Fruit Bowl

with Exante Diet

A delicious, refreshing snack packed with Vitamin C and essential healthy fats to boost your immune system.

Ingredients:

- 75g cottage cheese
- 1/2 banana
- 20g strawberries
- 20g raspberries
- 10g chopped almonds
- 1x tsp Manuka honey

Method:

- 1 Slice / chop the banana, strawberries and almonds
- 2 Place the cottage cheese in a bowl
- 3 Mix through the fruit and nuts
- 4 Drizzle the Manuka honey on top

Nutritional:

Energy (kcal).....	209
Protein (g).....	11.3
Total Carbs (g).....	21.9
Total fat (g).....	8.5





Prep time:
5 minutes

Cooking time:
10 minutes

Egg Mayo Ryvita

with Exante Diet

A wholesome snack packed with protein to help you stay fuller for longer.

Ingredients:

- 2x ryvita
- 1x large egg
- 2x tsp light mayonnaise
- 1x tsp raisins
- ½ tsp curry powder

Method:

- 1 Boil the egg until it is well done and firm
- 2 Once cool, remove the shell and slice
- 3 Place in a bowl with the raisins, mayonnaise and curry powder
- 4 Mix until well combined and place on top of the Ryvita

Nutritional:

Energy (kcal).....	184
Protein (g).....	9.9
Total Carbs (g).....	18.8
Total fat (g).....	7.7



Prep time:
5 minutes

Cooking time:
10 minutes

Hummus Dippers

with Exante Diet

An easy-to-prepare light snack that provides a healthy, low fat protein option.

Ingredients:

- 50g hummus
- 1x tbsp chickpeas
- Pinch paprika
- 50g cucumber
- ¼ pepper
- 1x stalk celery

Method:

- 1 Slice the pepper and cucumber into strips for dipping
- 2 Place the hummus in a dish to serve, placing the chickpeas on top
- 3 Sprinkle the paprika on top
- 4 Serve with the pepper, cucumber and celery

Nutritional:

Energy (kcal)	204
Protein (g)	6.2
Total Carbs (g)	12.6
Total fat (g)	14.3