




LIGHT MEAL/SNACK Cornflakes with milk, and orange juice

12-18 year olds

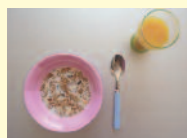
	12-18 year olds	250 kcal
Cornflakes	35g	
Semi-skimmed milk	150ml	
Orange juice	150ml	

LIGHT MEAL/SNACK Fruit and fibre cereal with milk, and orange juice



LIGHT MEAL/SNACK Fruit and fibre cereal with milk, and orange juice

12-18 year olds



12-18 year olds

250
kcal


Fruit and fibre cereal	40g
Semi-skimmed milk	150ml
Orange juice	150ml





LIGHT MEAL/SNACK Mini weet bisks with honey and nuts and milk,
and orange juice

12-18 year olds

		12-18 year olds	250 kcal
Mini weet bisks with honey and nuts		40g	
Semi-skimmed milk		150ml	
Orange juice		150ml	



LIGHT MEAL/SNACK Muesli with milk, and orange juice

12-18 year olds



12-18 year olds


250
kcal

Muesli	40g
Semi-skimmed milk	150ml
Orange juice	150ml



LIGHT MEAL/SNACK Porridge with jam, and orange juice

12–18 year olds



12-18 year olds

250
kcal

Porridge (made with semi-skimmed milk)	250g
Jam	10g
Orange juice	150ml

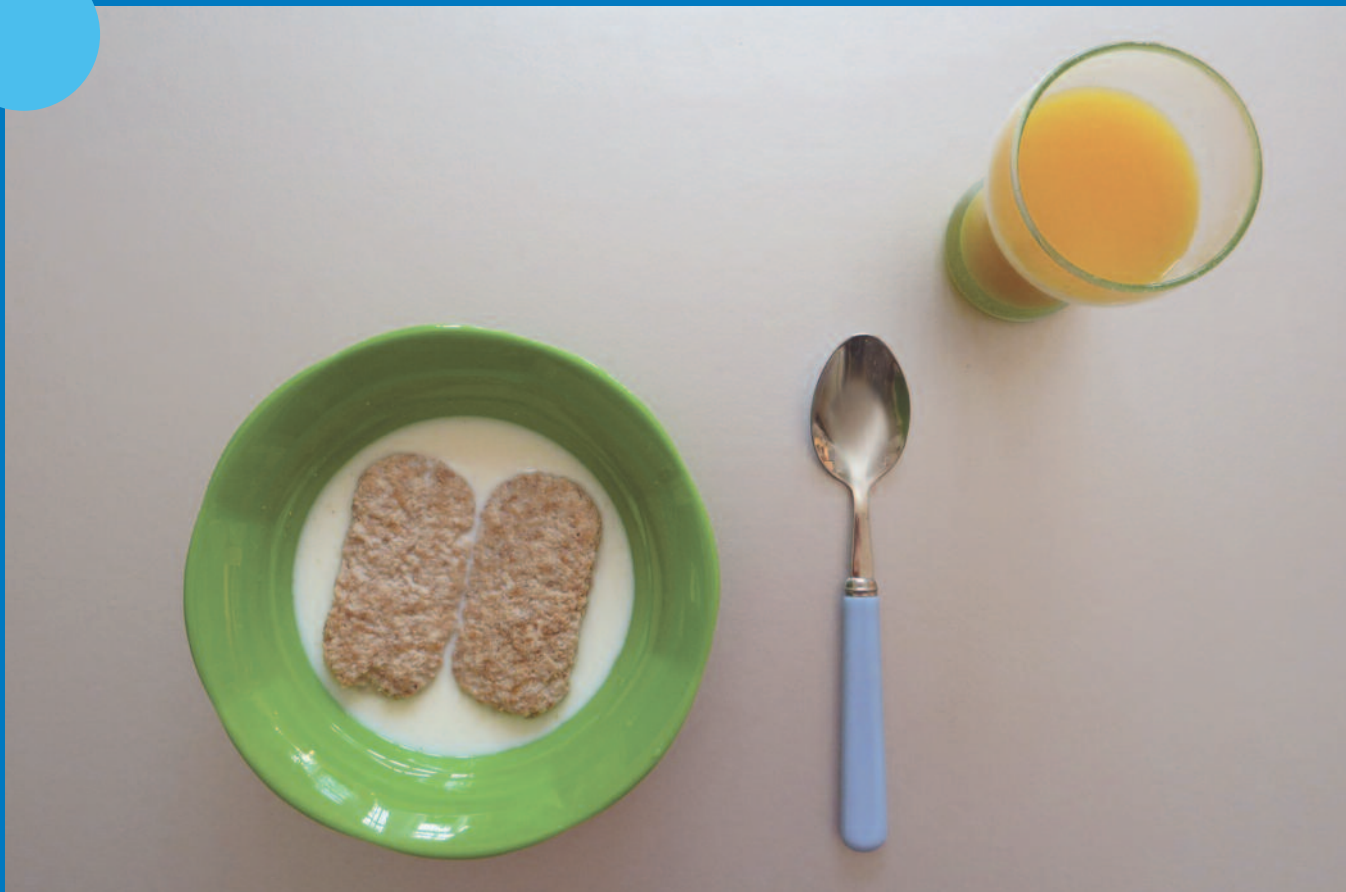
Porridge

This recipe makes 4 portions of about 250g.

1,000ml semi-skimmed milk
125g rolled oats

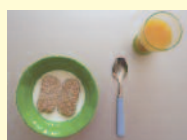
1. Place the milk and oats into a non-stick saucepan.
2. Heat gently until boiling, and then turn the heat down and simmer, stirring occasionally, until the oats are softened and have absorbed the milk.





LIGHT MEAL/SNACK Weet bisks with milk, and orange juice

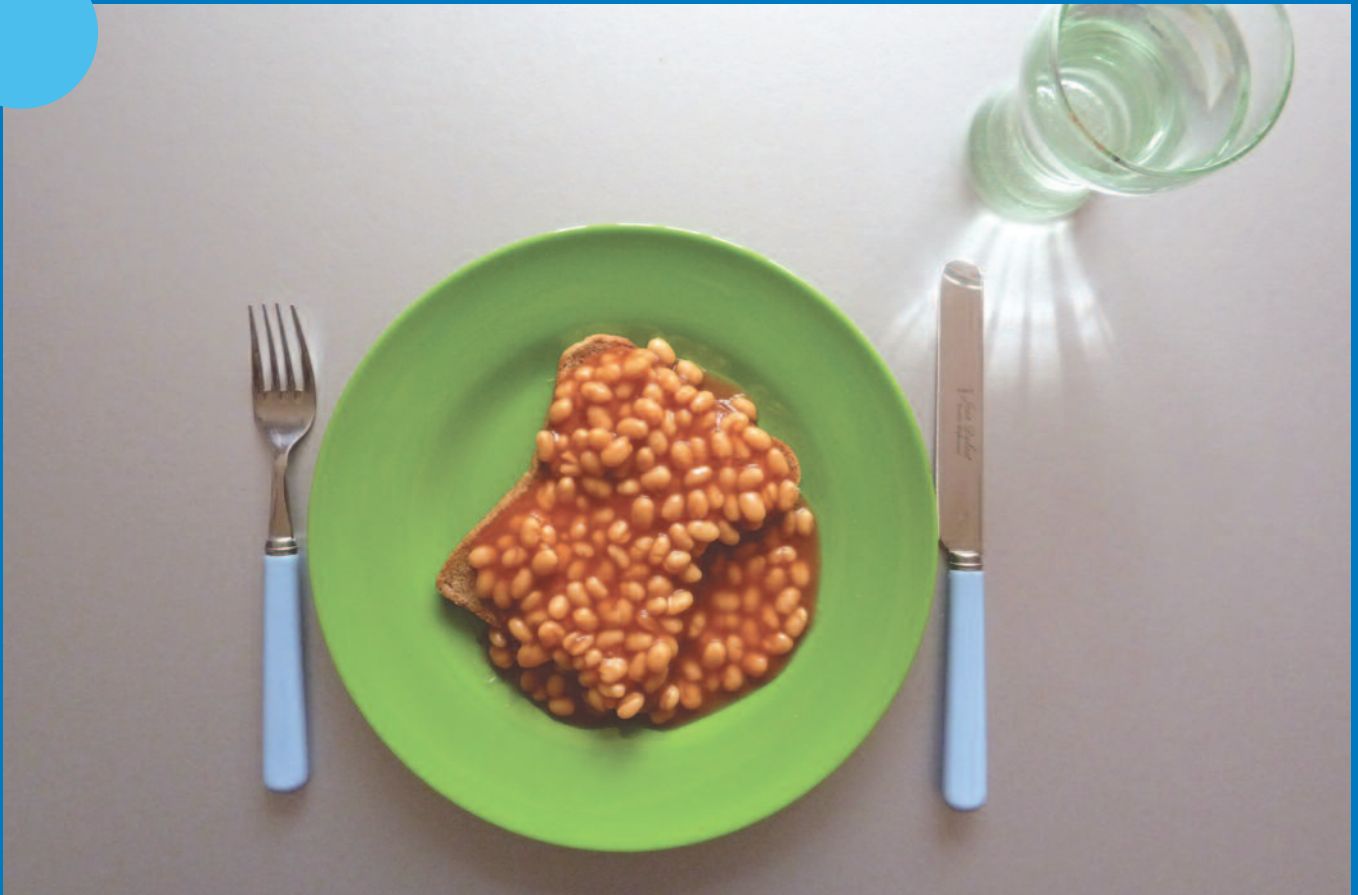
12-18 year olds



12-18 year olds

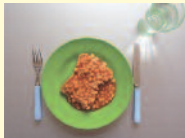
250
kcal

Weet bisks	40g
Semi-skimmed milk	150ml
Orange juice	150ml



LIGHT MEAL/SNACK Beans on toast

12–18 year olds



12-18 year olds

250
kcal

Wholemeal toast	40g
Butter	4g
Low-salt, reduced-sugar baked beans	180g
Water	150ml





LIGHT MEAL/SNACK Breadsticks with a mustard dip, and orange juice

12-18 year olds

		12-18 year olds	250 kcal
Breadsticks	42g		
Mustard dip	50g		
Orange juice	150ml		

Mustard dip

This recipe makes 4 portions of about 50g.

- 1 tablespoon ready-made English or grainy mustard
- 150g fromage frais
- 1 heaped tablespoon reduced-fat mayonnaise
- ½ teaspoon garlic powder
- 1 teaspoon sugar


1. Mix all the ingredients in a small bowl and chill until serving.





LIGHT MEAL/SNACK Cheese and tomato quesadillas

12-18 year olds

	12-18 year olds	<div>250 kcal</div>
Cheese and tomato quesadillas	140g	
Water	150ml	

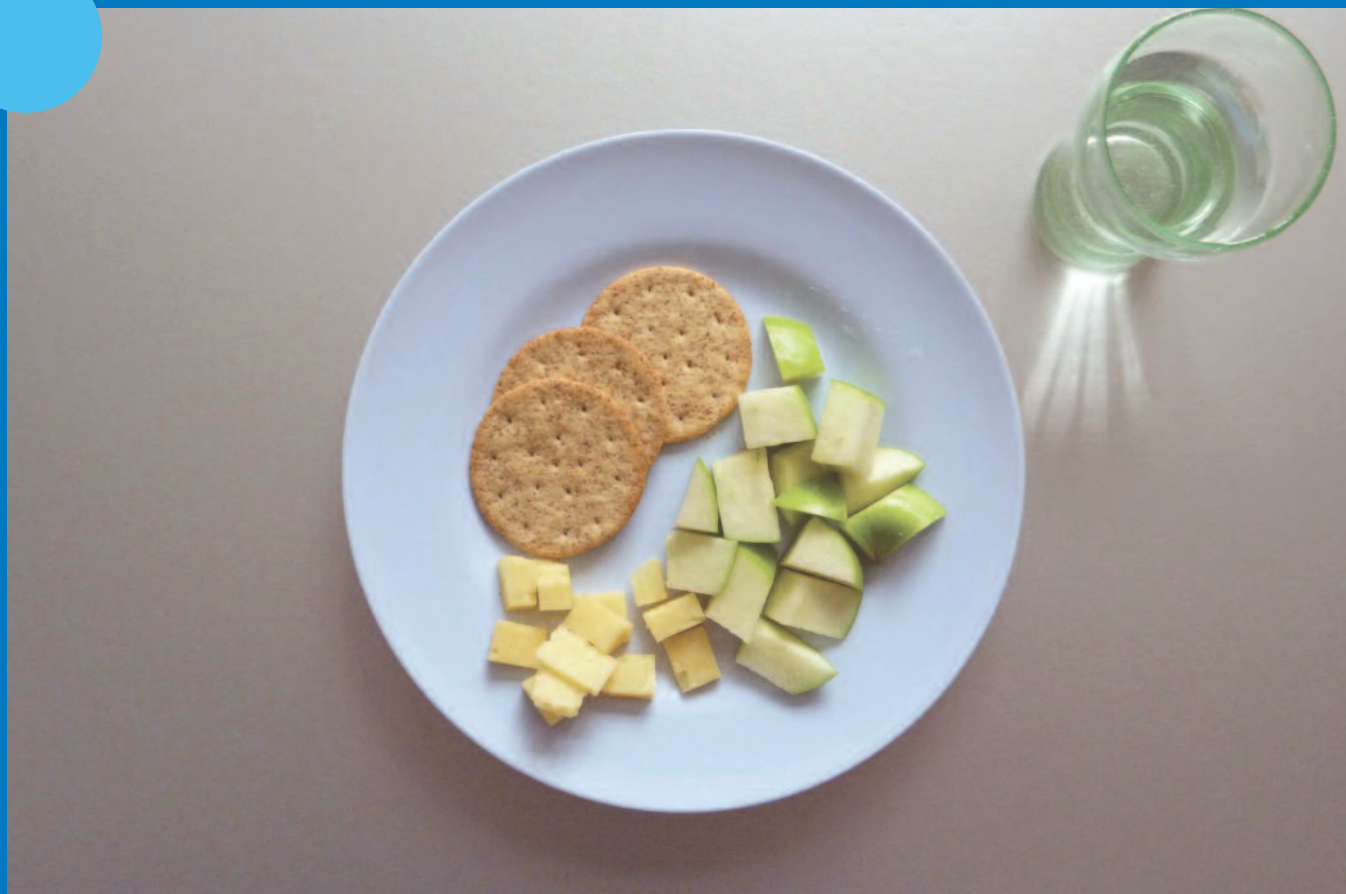
Cheese and tomato quesadillas

This recipe makes 4 portions of about 140g.

1 tablespoon tomato purée
 1 teaspoon mild chilli powder
 4 medium tomatoes, diced
 60g Cheddar cheese, grated
 8 small tortilla wraps


1. Mix together the tomato purée, chilli powder, diced tomato and cheese.
2. Place a tortilla in a frying pan and spread with a quarter of the tomato mixture. Place another tortilla on top and dry-fry until brown. Turn the tortilla over and dry fry until brown.
3. Remove the tortilla from the pan and cut into triangles.
4. Repeat steps 1-3.





LIGHT MEAL/SNACK Crackers with cheese and apple chunks


12-18 year olds

		12-18 year olds	250 kcal
Wheatgerm crackers	21g		
Cheddar cheese	30g		
Apple	80g		
Water	150ml		



LIGHT MEAL/SNACK Cream crackers with liver pâté and cherry tomatoes

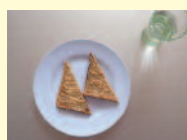
12-18 year olds

		12-18 year olds	250 kcal
Cream crackers	21g		
Liver pâté	45g		
Cherry tomatoes	80g		
Water	150ml		



LIGHT MEAL/SNACK **Crunchy peanut butter on toast**

12–18 year olds

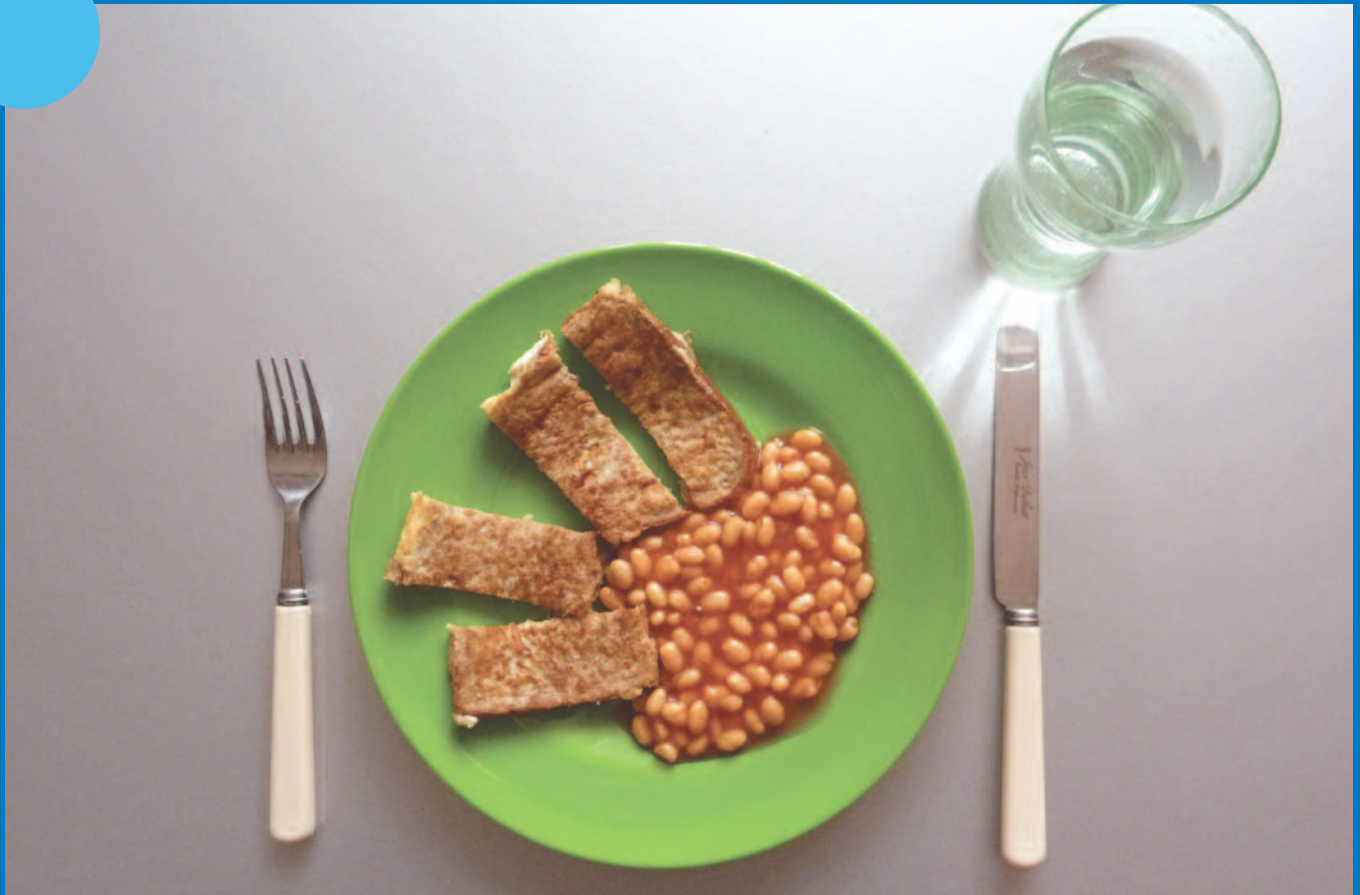


12-18 year olds

250
kcal


Wholemeal toast	40g
Peanut butter	25g
Water	150ml





LIGHT MEAL/SNACK **Eggy bread and beans**

12-18 year olds

		12-18 year olds	250 kcal
Eggy bread	80g		
Baked beans	100g		
Water	150ml		

Eggy bread

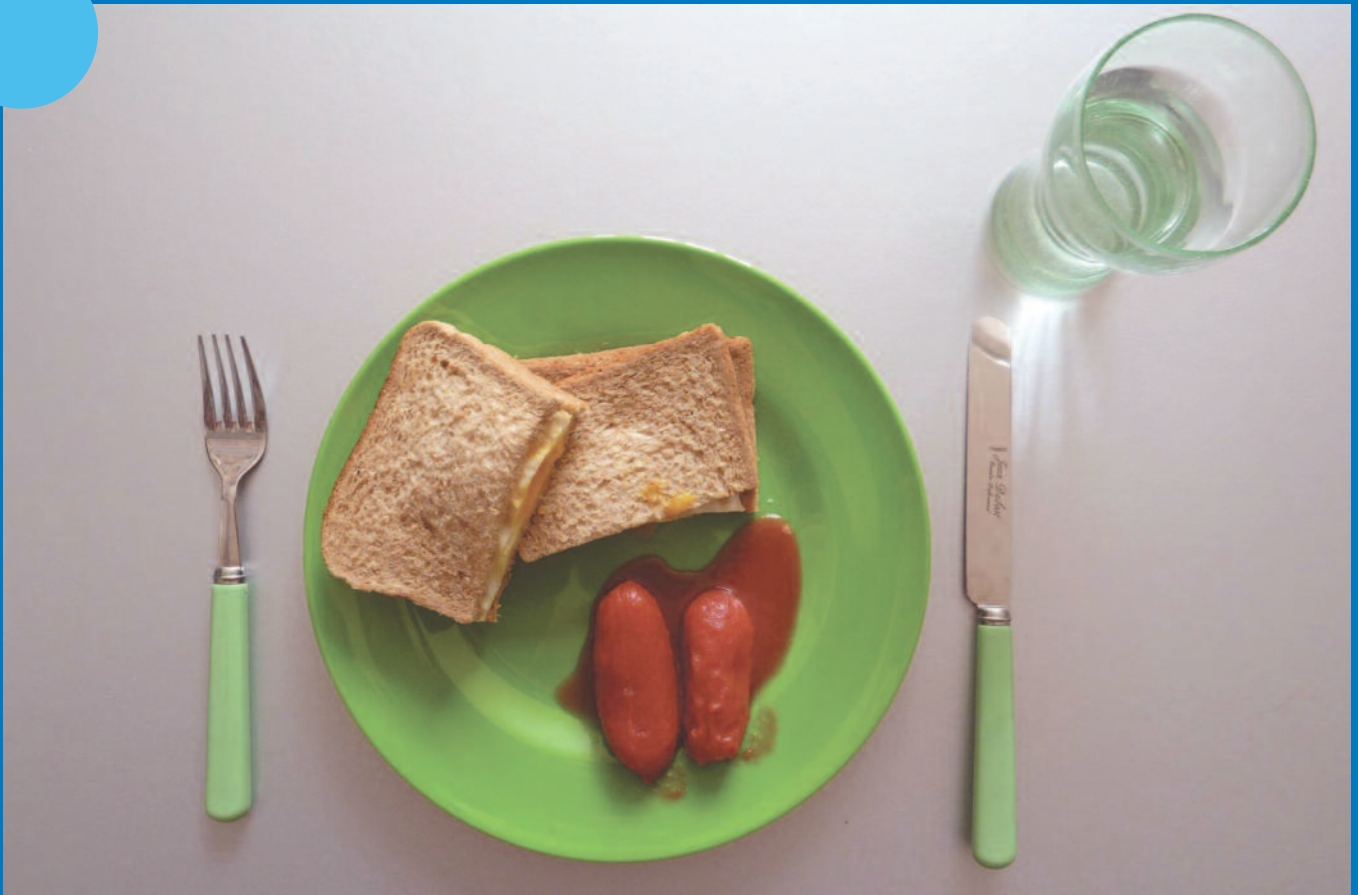
This recipe makes 4 portions of about 80g.

4 eggs
4 slices wholemeal bread
4 teaspoons butter

Each portion uses 1 egg, 1 slice of bread and 1 teaspoon of butter.


1. Beat the eggs.
2. Dip the bread in the egg on both sides.
3. Melt the butter in a frying pan.
4. Fry the bread in the butter over a gentle heat until the egg coating is well cooked. Turn over and cook the other side.





LIGHT MEAL/SNACK Fried egg sandwich with tomatoes

12–18 year olds

		12-18 year olds	250 kcal
Fried egg sandwich	110g		
Tomatoes (canned)	100g		
Water	150ml		

Fried egg sandwich

This recipe makes 4 portions of about 110g.

4 teaspoons vegetable oil
4 eggs
8 slices of wholemeal bread

Each portion uses 1 egg, 2 slices of bread and 1 teaspoon of vegetable oil.


1. Heat the oil in a frying pan.
2. Crack each egg into a cup before pouring it into the hot oil.
3. When the eggs are almost set, turn each one over with a spatula and quickly fry the other side.
4. Place each egg between two slices of bread.





LIGHT MEAL/SNACK Home-made cheesy garlic bread with grilled tomato

12-18 year olds

		12-18 year olds	250 kcal
Home-made cheesy garlic bread	60g		
Tomato (grilled)	80g		
Water	150ml		

Home-made cheesy garlic bread

This recipe makes 4 portions of about 60g.

½ baguette
 4 teaspoons olive oil
 1 teaspoon garlic purée
 1 teaspoon mustard powder
 1 tablespoon fresh parsley, finely chopped
 60g Cheddar cheese, grated


1. Cut the baguette in half, then cut each section in half lengthways.
2. Mix together the olive oil, garlic purée, mustard powder and parsley in a small bowl and spread the mixture onto the baguette.
3. Sprinkle the baguette with grated cheese and cook under a hot grill until browned.





LIGHT MEAL/SNACK Mexican scrambled egg wrap

12–18 year olds

		12-18 year olds	250 kcal
Mexican scrambled egg	100g		
Tortilla	40g		
Water	150ml		

Mexican scrambled egg

This recipe makes 4 portions of about 100g.

4 eggs
 2 teaspoons butter
 2 spring onions, chopped
 2 medium tomatoes, diced
 1 teaspoon mild chilli powder


1. Beat the eggs in a bowl.
2. Melt the butter in a non-stick saucepan.
3. Add the eggs, stirring all the time over a low heat until the egg is thoroughly set.
4. Mix in the spring onions, tomatoes and chilli powder.





LIGHT MEAL/SNACK Mini fish finger sandwich


12-18 year olds

 <p>12-18 year olds</p> <p>250 kcal</p>	
Fish fingers	56g
Baguette	50g
Lettuce	20g
Tomato	30g
Water	150ml



LIGHT MEAL/SNACK Pitta bread crisps with a chilli dip and grapes

12-18 year olds

	
12-18 year olds	
250 kcal	
Pitta bread crisps	50g
Chilli dip	30g
Grapes	80g
Water	150ml

Pitta bread crisps

This recipe makes 4 portions of about 50g.

4 pitta breads

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Cut the pitta bread into triangles and spread out in a single layer on a baking tray. Bake in the oven for about 7 minutes until crisped and beginning to brown.

Chilli dip

This recipe makes 4 portions of about 30g.

- ½ small (200g) can chopped tomatoes
- ½ jalapeno pepper, deseeded and finely chopped
- 2 spring onions, finely chopped
- 2 teaspoons chopped fresh parsley
- 1 teaspoon sugar
- ½ clove garlic, crushed
- ½ tablespoon white wine vinegar
- ½ tablespoon lemon juice


1. Mix all the ingredients together. Chill before serving.





LIGHT MEAL/SNACK **Speedy mini pizza**

12–18 year olds

		12-18 year olds	250 kcal
Speedy mini pizza		130g	
Water		150ml	

Speedy mini pizza

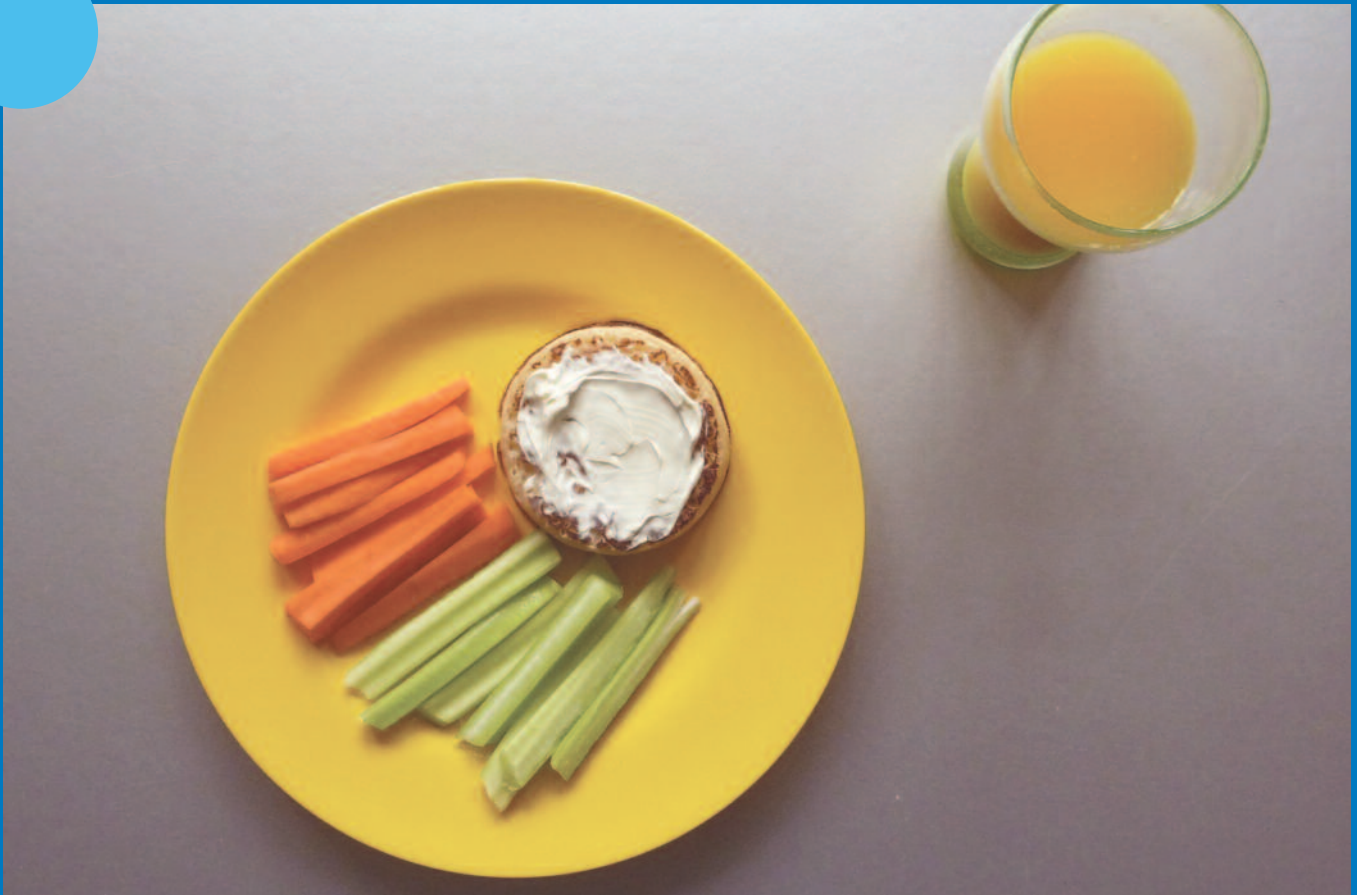
This recipe makes 4 portions of about 130g.

½ baguette
 4 teaspoons tomato purée
 2 medium tomatoes, sliced
 1 small (240g) can pineapple chunks, drained
 80g Cheddar cheese, grated

1. Cut the baguette in half, and then cut each section in half lengthways.
2. Spread the tomato purée on the cut surface of the baguette and then layer on the sliced tomato and pineapple. Sprinkle with cheese and then cook under a hot grill until browned.




LIGHT MEAL/SNACK **Toasted crumpet with soft cheese and celery and carrot sticks, and orange juice**



LIGHT MEAL/SNACK **Toasted crumpet with soft cheese and celery and carrot sticks, and orange juice**


12-18 year olds

		12-18 year olds	250 kcal
Crumpet		50g	
Soft cheese		25g	
Celery		40g	
Carrot		40g	
Orange juice		150ml	



LIGHT MEAL/SNACK Tomato and basil soup with a wholemeal roll

12-18 year olds

		12-18 year olds	250 kcal
Tomato and basil soup	300g		
Wholemeal roll	60g		
Water	150ml		

Tomato and basil soup

This recipe makes 4 portions of about 300g.

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 large carrot, grated
- 2 sticks celery
- 1 clove garlic, crushed
- 2 large (400g) cans chopped tomatoes
- 200ml water
- 4 tablespoons half-fat crème fraîche
- 2 tablespoons fresh basil, chopped


1. Heat the oil in a large pan on a medium heat. Add the onion, carrot, celery and garlic and cook until softened.
2. Add the tomatoes and water and bring to the boil, then reduce the heat and simmer for 20 minutes.
3. Add the crème fraîche and continue to simmer, stirring well, for a further 5 minutes.
4. Pour the soup into a blender and blend until the larger lumps have gone but the soup is not completely smooth. Alternatively, pass the soup through a sieve.
5. Add the chopped basil.





LIGHT MEAL/SNACK Tortilla crisps with a curry dip and apple

12–18 year olds

		12-18 year olds	250 kcal
Tortilla crisps	40g		
Curry dip	50g		
Apple	80g		
Water	150ml		

Tortilla crisps

This recipe makes 4 portions of about 40g.

4 small tortilla wraps

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Cut the tortillas into triangles and spread out in a single layer on a baking tray. Bake in the oven for about 7 minutes until crisped and beginning to brown.

Curry dip

This recipe makes 4 portions of about 50g.

- ½ small onion, grated
- 1 teaspoon curry powder
- 1 teaspoon garlic powder
- 1 teaspoon sugar
- 1 teaspoon ready-made horseradish sauce
- 1 teaspoon cider vinegar
- 150g fromage frais
- 1 heaped tablespoon reduced-fat mayonnaise


1. Mix all the ingredients in a small bowl and chill until serving.





LIGHT MEAL/SNACK Tuna melt

12–18 year olds

		12-18 year olds	250 kcal
Tuna melt	140g		
Water	150ml		

Tuna melt

This recipe makes 4 portions of about 140g.


2 muffins
 4 teaspoons tomato purée
 2 medium tomatoes, sliced
 1 small can (200g) tuna in spring water, drained and flaked
 60g Cheddar cheese, grated

1. Cut the muffins in half.
2. Spread the tomato purée on the cut surface of the muffins, and then layer on the sliced tomato and tuna. Sprinkle with cheese and then cook under a hot grill until browned.



LIGHT MEAL/SNACK Apple rings with crunchy peanut butter


12-18 year olds

		12-18 year olds	250 kcal
Apple	80g		
Peanut butter	35g		
Water	150ml		



LIGHT MEAL/SNACK Fresh fruit milkshake and Scotch pancake

12-18 year olds



12-18 year olds

250
kcal

Fresh fruit milkshake	300ml
Scotch pancake	30g

Fresh fruit milkshake

This recipe makes 4 portions of about 300ml.

500g strawberries, hulled and chopped
3 medium bananas, chopped
400ml chilled semi-skimmed milk


1. Put all the ingredients in a blender and blend until smooth.





LIGHT MEAL/SNACK Greek yoghurt with strawberries


12-18 year olds

		12-18 year olds	250 kcal
Greek yoghurt	150g		
Strawberries	80g		
Water	150ml		



LIGHT MEAL/SNACK Hot chocolate with oaty raisin cookie

12-18 year olds

	<p>12-18 year olds</p>	<p>250 kcal</p>				
<table border="1"> <tr> <td>Hot chocolate (made with semi-skimmed milk)</td> <td>250ml</td> </tr> <tr> <td>Oaty raisin cookie</td> <td>20g</td> </tr> </table>			Hot chocolate (made with semi-skimmed milk)	250ml	Oaty raisin cookie	20g
Hot chocolate (made with semi-skimmed milk)	250ml					
Oaty raisin cookie	20g					

Oaty raisin cookies

This recipe makes 4-5 portions of about 20g.

20g vegetable fat spread
 20g caster sugar
 ½ tablespoon runny honey
 ½ egg
 ½ teaspoon cinnamon powder
 20g wholemeal flour
 ½ teaspoon baking powder
 30g porridge oats
 20g raisins

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Grease a baking sheet with a little vegetable fat spread. In a large bowl, beat the vegetable fat spread and sugar until light and creamy, and then beat in the honey.
3. Add the egg and cinnamon powder and mix well.
4. In another bowl, combine the flour, baking powder, oats and raisins and mix together before adding to the vegetable fat spread and sugar mixture.
5. Put heaped dessert spoonfuls of the cookie dough onto the baking sheet and bake for 10-12 minutes until lightly golden.
6. Remove the cookies from the oven and leave to cool on the tray for 1 minute before transferring to a wire rack to cool completely.





LIGHT MEAL/SNACK Milky coffee with digestives

12–18 year olds



12-18 year olds

250
kcal


Milky coffee (made with semi-skimmed milk)	250ml
2 digestive biscuits	30g





LIGHT MEAL/SNACK Mixed dried fruit and nuts


12–18 year olds

		12-18 year olds	250 kcal
Mixed dried fruit and nuts		60g	
Water		150ml	



LIGHT MEAL/SNACK Popcorn with a fruit smoothie and orange wedges

12-18 year olds

		12-18 year olds	250 kcal
Popcorn			
Fruit smoothie			
Orange wedges			
	20g	200ml	80g

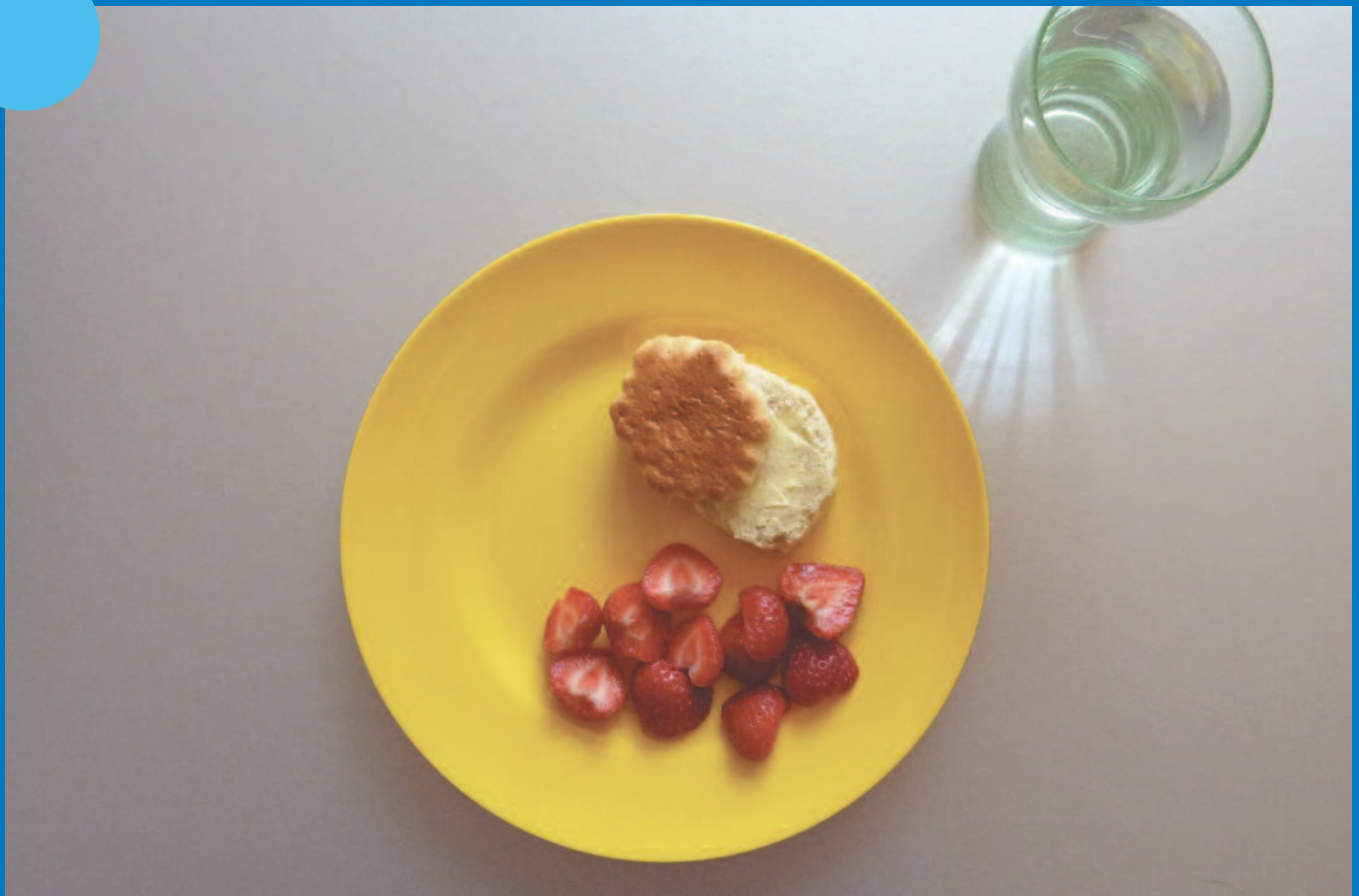
Fruit smoothie

This recipe makes 4 portions of about 200ml.

300g strawberries, hulled and chopped
 150ml apple juice
 2 medium bananas
 2 teaspoons runny honey


1. Place all the ingredients in a blender and blend until smooth.





LIGHT MEAL/SNACK Scone with strawberries

12-18 year olds

		12-18 year olds	250 kcal
Scone	60g		
Vegetable fat spread	4g		
Strawberries	80g		
Water	150ml		

Scones

This recipe makes 4 portions of about 60g.

30g wholewheat flour
 100g plain flour
 1½ teaspoons baking powder
 25g butter
 ½ egg, beaten
 50ml water
 25g sultanas

1. Heat the oven to 230°C / 450°F / Gas 8.
2. Sieve the flour and baking powder into a mixing bowl and rub in the butter until the mixture resembles fine breadcrumbs.
3. Mix the egg with the water.
4. Add the egg mix and the sultanas to the breadcrumb mixture and mix to a fairly sticky dough.
5. Turn onto a floured board, roll out to ½ inch thick and cut out scone shapes with a cutter.
6. Bake in the oven for 8-10 minutes until they are risen and feel hollow when tapped on the underside.

