

## AFTER SCHOOL SNACKS

We understand that you may sometimes feel peckish when you get home from school.

Try to choose after school snacks that are low carb/carb free or as healthy as possible. This will help keep blood glucose levels within range and reduce the risk of spoiling your appetite for your evening meal.

If you choose a snack that contains carbs, please carb count and follow your meter or app for recommended insulin dose (as it may be less than 4 hours from your last injection).

### **Carb - Free Snacks (no need to give insulin)**

- ❖ Veg sticks with salsa/ guacamole/pea dip/sugar free peanut butter/cottage cheese/cream cheese
- ❖ Sugar free jelly
- ❖ Eggs - boiled, poached, scrambled, egg muffins/ omelette (with tuna/ham/chicken/cheese)
- ❖ Nuts (not sugar coated) and seeds (toast with spices and keep in a pot)
- ❖ Veg soup (no potatoes)/miso soup
- ❖ Dhal
- ❖ Cheese strings/Babybel (only occasionally due to high fat and salt content)
- ❖ Pepparami style snacks (only occasionally due to high fat and salt content)
- ❖ 1 satsuma/clementine; 1 plum; 1 kiwi; handful of strawberries, cherries, raspberries, blueberries etc

### **Snacks containing carbs (need to carb count and give insulin)**

- ❖ Toast/crumpets/roti/crackers/oatcakes/rice cakes/corncakes/breadsticks (toppings ideas are sugar free peanut butter/cheese/eggs/houmous/baked beans. Toppings are carb free except baked beans)
- ❖ Glass of milk/plant based milk (add sugar free cocoa powder to make into milkshake)
- ❖ Yoghurt (with chopped fruit)
- ❖ Popcorn (plain, spiced)
- ❖ Fruit (except for above)
- ❖ Weetabix/soaked cold oats/porridge with milk
- ❖ Pierogi
- ❖ Samosa/bhaji/pakora
- ❖ Aloo paratha
- ❖ Paszteciki/croquettes
- ❖ Zapiekanka
- ❖ Babos pogacsza (only occasionally due to high fat content)
- ❖ Bundas kenyér (only occasionally due to high fat content)
- ❖ Crisps/pretzels/tortilla chips (only occasionally due to high fat and salt content)
- ❖ Veg crisps, eg veg crisps, lentil or chickpea crisps

## RECIPES FOR CARB FREE SNACKS

### Egg Muffins (makes 6)



#### **Ingredients:**

- 6 eggs **(0g)**
- 2 teaspoons oil **(0g)**
- Veg – small florets of broccoli, peas, pepper, mushrooms, spring onions, chilli etc **(0g)**
- Ham or prawns **(0g)**
- Cheese (optional) – about a matchbox size, finely grated **(0g)**

#### **Method:**

1. Heat oven to 180°C
2. Beat the eggs together with a fork. Season
3. Fry your veg in 1 teaspoon of oil for about 5 mins
4. Brush your muffin tin with the remainder of the oil
5. Divide the beaten egg in the muffin tin and add your chosen filling into each. Top with the cheese if using
6. Bake in the oven until the egg is set and they look golden brown
7. Can be eaten hot or cold

## RECIPES FOR SNACKS UNDER 10g CARBS

### Chocolate, cashew and banana bars (makes 16 bars)

#### **Ingredients:**

- 150g cashew nuts **(0g)**
- 3 bananas (about 300g) **(60g)**
- 60g puffed oats **(37g)**
- 1 tablespoon unsweetened cocoa powder **(0g)**
- ½ teaspoon bicarbonate of soda **(0g)**
- ½ teaspoon vanilla extract **(0g)**
- 1 tablespoon cacao nibs – optional **(0g)**



#### **Method:**

1. Preheat the oven to 180°C, gas mark 4. Line a 20cm non-stick tin with a strip of baking parchment. Set aside 1 tablespoon of the cashew nuts, put the rest in a food processor and whizz until finely chopped.
2. Break in the bananas and add the puffed oats, cocoa powder, bicarbonate of soda and vanilla extract. Whizz for 2-3 minutes until fairly smooth, then pulse in ½ of the cacao nibs if using. Transfer the mixture to the prepared tin and level the surface with the back of a spoon.
3. Finely chop the reserved cashew nuts and sprinkle over the top with the remaining cacao nibs. Bake for 20-25 minutes until set and golden. Leave to cool completely, then cut into 16 bars. Store in the fridge in an airtight container for up to 5 days.

$$\text{Total carbs} = 60 + 37 = 97\text{g} = 97 \div 16 = 6\text{g} = \mathbf{6\text{g per slice}}$$

## Chocolate orange energy boosters (makes 18)

### Ingredients:

- 100g pitted medjool dates **(67g)**
- 100g pecan nuts **(0g)**
- 50g pumpkin seeds **(0g)**
- 50g rolled oats/oatmeal **(36g)**
- 3 tablespoons unsweetened cocoa **(0g)**
- 2 heaped tablespoons unsweetened almond/peanut butter **(0g)**
- zest of 1 orange **(0g)**



### Method:

1. Place all the ingredients in a food processor.
2. Blitz until chopped and starting to clump together.
3. Roll the mixture into walnut-sized balls with lightly oiled hands. Pop 2 or 3 into a lunchbox for a snack. Keeps in a sealed container for 2 weeks in the fridge.
4. Can use 1 teaspoon of cinnamon if you do not like chocolate orange.

$$\text{Total carbs} = 67 + 36 = 103\text{g} = 103 \div 18 = \mathbf{6\text{g carbs per ball}}$$

## RECIPES FOR SNACKS UNDER 20g CARBS

### Sugar Free Banana Bread (makes 12 slices)

### Ingredients:

- 200g self-raising flour **(160g)**
- 5 very ripe bananas **(70g)**
- 2 eggs, beaten (0g)
- 120g spread (0g)
- 1 teaspoon vanilla extract (0g)



### Method:

1. Preheat oven to 180°C
2. Line a loaf tin with greaseproof paper
3. Mash the bananas
4. Melt the spread and allow to cool slightly. Add the vanilla extract, eggs and mix well.
5. Add the wet ingredients to the flour.
6. Fold the mashed banana into the batter mixture. Pour into your tin and bake until golden brown and a skewer comes out clean

$$\text{Total carbs} = 160 + 70\text{g} = 230\text{g}. \text{ Each slice} = 230 \div 12 = \mathbf{19\text{g carbs per slice}}$$

## Savoury muffins (makes 10)

### Ingredients:

- 100g melted butter/spread
- 1 teaspoon oil
- 75g sweetcorn **(0g)**
- 1 small onion , finely chopped **(0g)**
- ½ red chilli , deseeded, finely chopped **(0g)** optional
- 200g self raising flour **(160g)**
- 1 teaspoon baking powder **(0g)**
- 50g strong cheddar , grated **(0g)**
- 2 eggs **(0g)**
- 100ml milk **(5g)**



### Method:

1. Heat oven to 200°C/180°C fan/gas 6 and add muffins cases
2. Put the corn kernels in a pan with the onion, chilli. Gently fry for 5-10 mins until golden and soft.
3. Mix together the flour, baking powder and cheddar with ¼ teaspoon salt in a large mixing bowl. Whisk together the eggs and milk.
4. Mix the dry ingredients with the wet ingredients and the corn and onion. If the mixture is too thick, add more milk
5. Fill the muffin holes evenly and bake for 25-30 mins or until golden brown and cooked through – poke in a skewer to check.
6. Can add other fillings, eg diced pepper, grated courgette, bacon bits
7. Freeze until required and defrost fully

**Total Carbs = 160 + 5 = 165g. Per muffin 165 ÷ 10 = 16g per muffin**