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WOMEN'S SNACK

Banana and Peanut Butter Cracker

Serves 1 Adult

Ingredients:

1 tablespoon natural peanut butter

1/3 banana

1 wholegrain crackers

Method:

1. Spread peanut butter on crackers and top with banana slices

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WOMEN'S SNACK

Smoked Salmon Lettuce Wraps

Serves 1 Adult

Ingredients:

2 cos lettuce leaves

30g smoked salmon

1 tsp cream cheese

Method:

1. Place one half of the salmon in each cos leaf
2. Top with cream cheese
3. Wrap and eat

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WOMEN'S SNACK

Cracker and Cream Cheese

Serves 1 Adult

Ingredients:

1 wholegrain cracker

1 tablespoon of light cream cheese

4 slices of cucumber

Method:

1. Spread cream cheese on cracker and top with cucumber slices

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WOMEN'S SNACK

Veggies and Hummus

Serves 1 Adult

Ingredients:

100g raw carrots

2 celery sticks

1 tablespoon reduced fat hummus

Method:

1. Cut the carrots and celery into sticks
2. Dip carrots and celery into hummus

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WOMEN'S SNACK

Sliced Pear and Almonds

Serves 1 Adult

Ingredients:

1 pear

6 almonds

Method:

1. Slice pear as desired
2. Serve with nuts