WOMEN'S SNACK

OATY BANANA BREAD BUNS

Makes 16 (1 bun per serving and each bun contains approximately 100 kcal – only have one bun or mixed berry square or fruit 'n' nut bar a day)

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60

PROUDLY SUPPORTING RTÉ operation TRANSFORMATION

Sponsored by safefood

INGREDIENTS

100g butter (at room temperature)
40g golden caster sugar
3 eggs
1/2 teaspoon vanilla extract (2.5g)
240g self-raising flour
2 teaspoons baking powder (10g)
4 ripe bananas (over-ripe is also fine to use)
90g porridge oats

METHOD

Preheat the oven to 180C / 350F / gas mark 4. Line a bun tin with 16 paper cases.

Put the butter and sugar in a bowl and beat well. The easiest way to do this is with a hand-held electric beater but a wooden spoon and some elbow grease also works. The mixture should become a little lighter in colour.

Add two of the eggs along with the vanilla extract and half of the flour and beat well to combine. Add the remaining egg and the rest of the flour with the baking powder. Mix until everything is just combined – overbeating will make the buns less light, so easy does it.

Peel the bananas and mash the flesh in a bowl, then carefully fold into the bun mixture with the oats. Using two large spoons, divide the mixture among the paper cases.

Place in the oven and bake for 22-25 minutes until cooked through. To test, insert a skewer or toothpick into the centre of a bun and it should come out clean. The buns will also smell cooked and be springy to the touch.

Remove the buns from the oven and after 5 minutes transfer them to a wire or grill rack and leave to cool completely before serving. Arrange an oaty banana bread bun on a plate to serve.

GET AHEAD

These buns will keep in an airtight container for up to 3 days or can be frozen in freezer bags for up to 1 month and defrosted as needed. Bring wrapped in tin foil if transporting.

* Suitable for vegetarians.

WOMEN'S SNACK

APPLE & NUTS

Serves 1 (contains approximately 100 kcal)

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60

PROUDLY SUPPORTING RTÉ operation TRANSFORMATION

Sponsored by safefood

INGREDIENTS

1 apple (80g)
6 whole almonds (not skinned)

METHOD

Using a sharp knife, cut the apple into quarters and remove the core, then cut into slices. Serve on a plate with the almonds.

GET AHEAD

Bring the apple in a Tupperware container with the almonds and cut up to eat, if desired.

* Suitable for vegetarians.

WOMEN'S SNACK

PEANUT BUTTER & BANANA CRACKER

Serves 1 (contains approximately 100 kcal)

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60

PROUDLY SUPPORTING RTÉ operation TRANSFORMATION Sponsored by safefood

INGREDIENTS

1 teaspoon natural peanut butter (5g - preferably crunchy with no added sugar & salt – check the label the sugar should be no more than 5g per 100g)
1 wholemeal cracker (such as Ryvita or similar)
1/3 banana (30g)

METHOD

Spread half the peanut butter on the cracker and arrange on a plate.

Peel the banana and cut into slices and arrange on the peanut butter to serve.

GET AHEAD

Bring the cracker and banana in Tupperware container with small pot of the peanut butter alongside with a knife.

* Suitable for vegetarians.

WOMEN'S SNACK

BAKED BERRY SQUARE

Makes 12 slices (1 slice per serving and each slice contains approximately 100 kcal – only have one slice or one oaty banana bread bun or fruit 'n' nut bar a day)

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60

PROUDLY SUPPORTING RTÉ operation TRANSFORMATION Sponsored by safefood

INGREDIENTS

235g porridge oats
20g brown sugar (preferably light or dark muscovado)
15g ground flaxseed (you will find this in the health food section of most large supermarkets or chemists)
1 ½ teaspoon baking powder (7.5g)
1 ½ ground cinnamon
¼ teaspoon salt (1.25g)
1 egg
130g apple compote (shop-bought with no added sugar or salt, or see recipe link)
240ml low fat milk (1.5% fat)
1 teaspoon vanilla extract (5g)
90g blueberries

METHOD

Preheat the oven to 160C / 325F / gas mark 3. Line a 22.5cm x 32.5cm baking tin with parchment paper.

Place the oats in a large bowl with the sugar, flaxseed, baking powder, cinnamon and salt. Using a wooden spoon, stir until evenly mixed.

Put the eggs, apple compote, vanilla extract and milk in a jug and beat with a fork to combine.

Make a well in the centre of the oat mixture and then pour in the egg mixture. Then using as few stirs as possible mix everything together. The more you mix it the tougher the mixture will become. Finally fold in the blueberries.

Place in the oven and bake for 25-30 minutes until all the liquid is absorbed and the oats are tender and lightly golden. To test, insert a skewer or toothpick into the centre of a square and it should come out clean. The square will also smell cooked and be springy to the touch. Leave to cool completely in the tin and then cut into 12 even-sized squares.

Arrange a bake berry square on a plate to serve.

GET AHEAD

This can be kept wrapped in the parchment paper and another layer of tin foil for up to 2 days or it can be frozen in slices in a suitable airtight container for up to 1 month. Bring wrapped if transporting.

* Suitable for vegetarians.

SNACK BASIC

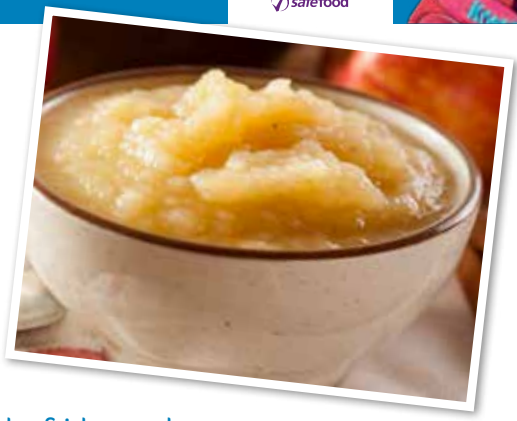
APPLE COMPOTE

Makes about 130g compote (contains approximately 200 kcal)

INGREDIENTS

2 Granny Smith apples
2 tablespoons water

MACE
CELEBRATING 60 YEARS OF SERVICE WITH A SMILE
60
PROUDLY SUPPORTING
RTÉ
operation TRANSFORMATION
Sponsored by safefood



METHOD

Peel and core the apples and cut into small pieces. Place in a saucepan with the water over a low heat. Bring to a simmer and then cook over a low heat for 15-20 minutes, stirring occasionally until the apples are completely tender and can be beaten to a puree with a wooden spoon. Place in an airtight container and store in the fridge and use as required.

GET AHEAD

This compote can be made and kept in an airtight container in the fridge for up to 3 days until needed.

* Suitable for vegetarians.

WOMEN'S SNACK

FRUIT CUP

Serves 1 (contains approximately 100 kcal)

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60

PROUDLY SUPPORTING RTÉ operation TRANSFORMATION

Sponsored by safefood

INGREDIENTS

70g melon (use any variety such as Cantaloupe)
70g grapes (red or green or use a mixture)
juice of 1 lime
40g natural yoghurt (3% fat)
1-2 fresh mint leaves (to taste)

METHOD

Remove the seeds from the melon with a teaspoon. Using a sharp knife mark the flesh into small cubes, then carefully cut off the skin into a bowl. Cut each grape in half and add them with the lime juice, gently mixing to combine.

Spoon into a glass serving dish and add the yoghurt, then tear over enough of the mint leaves to your taste before serving.

GET AHEAD

Bring the prepared melon and grapes in an airtight container with the mint leaves sitting on top and a lime already halved to squeeze over before serving. Put the yoghurt in a little pot tucked inside and have a spoon to eat with.

* Suitable for vegetarians.

WOMEN'S SNACK

HUMMUS WITH VEGGIES

Serves 1 (contains approximately 100 kcal)

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60

PROUDLY SUPPORTING RTÉ operation TRANSFORMATION

Sponsored by safefood

INGREDIENTS

100g carrots (or use packet of baby)
2 celery sticks
1 tablespoon. reduced-fat hummus (15g)

METHOD

Peel the carrots and then using a sharp knife, cut into even-sized batons or if using baby carrots just give a light scrub under cold running water. Trim down the celery sticks and cut into similar sized batons.

Arrange the prepared vegetables on a plate with a small pot of the hummus alongside to serve.

GET AHEAD

Prep vegetables and put in an airtight container with a small pot of the hummus tucked in alongside.

* Suitable for vegetarians.

WOMEN'S SNACK

FRUIT 'N' NUT BAR

Makes 12 bars (1 bar per serving and each bar contains approximately 100 kcal – only have one bar or mixed berry square or an oaty banana bread bun a day)

MACE

CELEBRATING 60 YEARS OF SERVICE WITH A SMILE

60

PROUDLY SUPPORTING RTÉ operation TRANSFORMATION Sponsored by safefood

INGREDIENTS

235g porridge oats
1 egg
130g apple compote (shop-bought or see recipe link)
250ml low fat milk (1.5% fat)
1 ½ teaspoon baking powder (7.5g)
1 tablespoon. honey (15g)
1 teaspoon vanilla extract (5g)
60g raisins
30g chopped nuts

METHOD

Preheat the oven to 170C / 325F / gas mark 3. Line a 17.5cm square baking tin with parchment paper.

Place the oats in a large bowl with the egg, apple compote, milk, baking powder, honey, vanilla extract, raisins and nuts. Using a wooden spoon, stir until evenly mixed.

Place in the oven and bake for 25-30 minutes until golden brown. To test, insert a skewer or toothpick into the centre of a square and it should come out clean. The square will also smell cooked and be springy to the touch. Leave to cool completely in the tin and then cut into 12 even-sized bars.

Arrange a fruit 'n' nut bar on a plate to serve.

GET AHEAD

This can be kept wrapped in the parchment paper and another layer of tin foil for up to 2 days or it can be frozen in bars in a suitable airtight container for up to 1 month. Wrap in tin foil to transport.

* Suitable for vegetarians.