

# Fun Snack Ideas for School Lunches & Afternoon Tea

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## Ants on a Log

1 stick of celery per person cut in thirds

2 tsp of either peanut butter, almond butter or a combination of tahini and rice malt syrup (per person)

1 tsp of currants or raisins per person

Fill the celery pieces with your choice of spread and sprinkle on the currants or raisins.

## Apple Slices

1 apple for 3 people

Choice of peanut butter, nut cheese or sunflower cheese (recipe links in here)

Dried fruits of your choice – I used goji, mulberries and cacao nibs

Optional desiccated coconut

## Cherry and Banana Caterpillars

(If strawberries are in season then these are even better than cherries – use a full strawberry with the leaves left on for the head and then slice up the strawberries. You can poke cacao nibs into the head strawberry for the eyes.

1 medium banana per person sliced into 2 cm rounds

6 cherries per person

Place a cherry then a slice of banana and then a cherry and then a slice of banana on a plate, keep following this pattern until all the cherries are used up. In the front cherry make two slits with a knife and place two of the cherry stalks in the slits for antennae.



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