

# MIX & MATCH SNACK IDEAS



For a quick and delicious snack, try making a monkey roll with your child. Who could resist these combinations? You'll go bananas over them!

Try using the steps below to make some yummy snacks this week.

1. Start with a whole grain or wholemeal base:



Bread or toast



wrap



2. Choose a spread:



Peanut butter



Hummus



3. Add a topping:  
e.g. fruit



Sliced banana

Fun snack mix and match option: Monkey roll

