

Snack Attack

Simple, healthy treats for children on-the-go



It can be a lot of fun cooking with children. In fact, it is an important way to teach our kids where their food comes from, especially if we have our own vegetable garden to pick our produce from. Not only that, but cooking and preparing food is a wonderful creative outlet and a way for children to express themselves. Angela Stafford shares with us some of the easiest and most colourful snacks for your kids to prepare for their next summer picnic (or in their own backyard!)



The Original Bliss Ball

This is where it all started. The original Bliss Ball was the first of its type to start selling in health food shops. They are usually made with carob – not a taste for everyone, but some love it as an alternative to chocolate. I think it is a good idea to introduce a child’s palate to carob at a young age as it is very high in calcium, so a great food for children. If it isn’t for you, I have also suggested the use of raw cacao, a nutritious food rich in antioxidants.

MAKES 20 BALLS

INGREDIENTS

- 1 cup of mixed nuts and seeds
- ¼ cup of tahini
- ¼ cup of honey or rice syrup
- ¼ cup of carob or raw cacao powder
- ½ tsp of vanilla extract

Coatings: e.g. coconut, crushed nuts or sesame seeds

METHOD

Place nuts and seeds into a food processor and grind to a fine crumb.

Add remaining ingredients and mix on high speed until the mixture is a thick paste.

Roll mixture into balls and coat.

Freeze or refrigerate and they will become firmer.

😊 PLAY TIME!

- Try peanut butter in place of the tahini.
- Use just one type of nut for a dominant flavour. Macadamias, almonds, cashews and hazelnuts are all great choices.
- Add some puffed rice or puffed quinoa cereal.

Divine Raw Brownies

These brownies have a rich chocolate flavour, made with pure ingredients and are a treat that you can enjoy knowing that you are eating well. The children I tested these on asked for seconds, even the ones who are usually fussy!

INGREDIENTS

Base

- 1 cup of pecans, soaked for 6 hours
- 1 cup of walnuts, soaked for 6 hours
- ½ cup of sultanas
- 100 g chopped medjool dates – seeds removed
- ½ cup of raw cacao powder
- 1 tsp of vanilla extract

Icing

- 20 g raw cacao butter
- ½ cup of raw cacao powder
- ¼ cup of maple or agave syrup

METHOD

Grease and line a 16cm x 25cm baking dish with baking paper.

Process the base ingredients in a food processor until well combined and crumbly.

Wet your hands and then press the mixture into the base of the prepared dish.

Melt cacao butter over low heat and whisk with remaining icing ingredients.

Spread evenly over the prepared base and cover with plastic wrap.

Chill for at least 2 hours.

Cut into squares and serve.

😊 PLAY TIME!

- Add goji berries or dried cranberries.
- Use cashews in place of either pecans or walnuts.
- Add cinnamon or the zest of an orange.
- Top with desiccated coconut.
- If cacao butter is not available, use coconut oil as a substitute.



Stain-Your-Clothes Dip

This dip is sweet and refreshing. It tastes delicious with crackers and/or raw vegetable sticks. It is also good added to sandwiches or served as a side with burgers and patties. Your kids will love the bright colour, but check what they are wearing before serving. My boys usually eat this bare-chested.

INGREDIENTS

- 350 g peeled, fresh beetroot cut into bite-sized pieces or 310 g drained, cooked beetroot (beetroot loses some weight after being cooked)
- ½ tsp of ground cumin
- ½ tsp of ground coriander
- ½ tsp of ground paprika
- 1 medium-sized clove of garlic
- 1 small bunch of fresh mint (leaves only)
- ½ cup of plain yoghurt (those avoiding dairy, see Play Time notes)
- 1 tbsp of lemon juice
- Sea salt and pepper to taste

METHOD

If you are using raw beetroot, boil or steam until soft. This should take about 20 minutes (depending on the size of your pieces). Allow to cool.

Place all ingredients into a food processor and blend until smooth.

😊 PLAY TIME!

- Add salad oil to a portion of this dip to create a delicious dressing. Adjust lemon juice, pepper and salt to taste, as dressings are usually a little stronger in seasoning.
- You can leave the mint out of this recipe if it isn't to your liking. It is still just as tasty.
- For a dairy-free version, leave the yoghurt out and double the lemon juice. Soy yoghurt does not work well in this recipe.





Heart's Desire Crackers

I love these crackers, not just because of the sweet and savoury taste but because they are so pretty!

INGREDIENTS

- 120 g fresh, trimmed and peeled beetroot
- 1 tsp of ground cumin
- ¼ cup of oil
- 1 tsp of sea salt
- 1½ cups of wholemeal wheat or spelt flour

METHOD

Preheat the oven to 160 °C (fan-forced).

Roughly chop the beetroot and puree with the cumin, oil and salt in a food processor or blender.

Combine the flour and the beetroot mixture either in the food processor or a mixing bowl.

Knead the dough and form it into a ball. The dough should be moist but not stick to your fingers. Add more flour needed.

Roll the dough out on a well-floured surface. It should be about 2mm thick.

Either cut your dough with a knife into squares or rectangles or use cookie cutters to make more interesting shapes.

Bake for approximately 20 minutes. Thinner crackers and those on the edges will cook faster. Remove these and continue cooking the ones that are still soft. Crackers will crisp a bit more during cooling, but should be somewhat crisp when removed.

Leave on a cooling rack until they are cool.



😊 PLAY TIME!

- Did you know that carrots come in more colours than just orange? Purple carrots are now becoming more common, or if you grow your own you can produce pink, white and yellow varieties. These can make for some interesting crackers.
- Add some herbs such as parsley or thyme.

Cinderella Hummus

This version of hummus is a family favourite. The combination of pumpkin and lime is a match made in heaven!

INGREDIENTS

- 2 cups of cooked chickpeas
- 3 tbsp of lime juice
- ¼ cup of tahini
- 1 clove of garlic
- 3 tbsp of cold-pressed olive oil
- 1 cup of mashed pumpkin (275 g of fresh peeled pumpkin will give you 1 cup of mashed).
- ½ tsp of sea salt
- Freshly ground black pepper

METHOD

Place all ingredients into a food processor and blend until smooth. Season to taste.

Serve with a selection of raw vegetable sticks, crackers or your favourite bread. May also be added to sandwiches or as a condiment in a meal.



Cheesy Crackers

The addition of parmesan in this cracker mix gives them a different texture. They are lighter and have a sharp taste which goes very well with refreshing dips such as guacamole or salsa.

INGREDIENTS

- 120 g trimmed carrot
- ¼ cup of finely grated Parmesan (leave out the Parmesan for a dairy-free version and add extra flavour with herbs or sesame seeds)
- ¼ cup of oil
- ½ tsp of sea salt
- 1½ cups of wholemeal wheat or spelt flour

METHOD

Preheat the oven to 160 °C (fan-forced).

Chop the carrot into chunks and then pulverise in your food processor.

Mix the carrot, Parmesan, oil and salt in a food processor or blender.

Combine the flour and the carrot mixture until you have a soft dough. The dough should be moist but not stick to your fingers. Add more flour if needed.

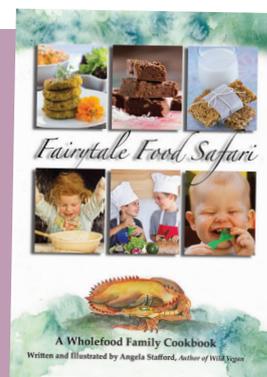
Roll the dough out on a well-floured surface. It should be about 2 mm thick.

Either cut your dough with a knife into squares or rectangles or use cookie cutters to make more interesting shapes.

Bake for approximately 20 minutes. Thinner crackers and those on the edges will cook faster. Remove these and continue cooking the ones that are still soft. Crackers will crisp a bit more during cooling, but should be somewhat crisp when removed.

Leave on a cooling rack until they are cool. 

Try more of **Angela Stafford's** recipes in her book *Fairytale Food Safari* – a beautiful, illustrative guide with simple nutritional information and recipes that your children and even adults will love.



For more information or to buy the book visit: angelastafford.com/fairytale_food_safari

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