



GH NUTRITION

SNACK IDEAS

- Plain Greek yoghurt, top with fresh berries/honey/nuts and seeds/cacao powder/cinnamon.
- Apple cut up into wedges and smothered with peanut or almond butter on each side.
- Piece of fruit.
- Hummus and veggie sticks.
- Wholegrain crackers with toppings i.e. cheese and tomato/avocado and hard-boiled egg/peanut butter and banana/ricotta and honey/tuna and hummus.
- Small bag of lightly salted popcorn.
- DIY trail mix including nuts and seeds, dried apricot or cranberries and chocolate chips.
- Roasted chickpeas.
- Homemade chia puddings.
- GH Nutrition healthy banana bread (visit website).
- Banana and walnut muffins (see recipe).

Visit www.ghnutrition.com.au or follow Dietitian Georgia Houston on Instagram at @ghnutrition for more meal and snack ideas.

BANANA AND WALNUT MUFFINS

GH NUTRITION

THESE HEALTHY MUFFINS ARE SO DELICIOUS AND MAKE FOR A GREAT MORNING OR AFTERNOON SNACK.

INGREDIENTS

2 cups plain wholemeal flour
1 tsp baking powder
1 tsp ground cinnamon
1/3 cup Medjool dates, pitted
2 bananas, plus extra banana slices for the topping
3 free-range eggs
1/4 cup extra-virgin olive oil
1/2 cup walnuts, roughly chopped



METHOD

Preheat oven to 180C. Line muffin tray with paper cases.

In a large bowl combine the flour, baking powder and cinnamon.

In a food processor combine the dates, banana, eggs and oil. Process until smooth.

Add the wet mixture to the dry and fold until combined. Fold in nuts and spoon the mixture into the paper cases. Top with banana slices.

Bake for 25 minutes, or until a skewer inserted comes out clean. Serve warm.

Storage: Muffins keep for 1 week. Or store in freezer for future snacks.

Visit www.ghnutrition.com.au or follow Dietitian Georgia Houston on Instagram at @ghnutrition for more meal and snack ideas.