

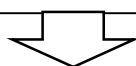
Fibre packed snack

Create your own fibre packed snack!

1. Choose your wholegrain base



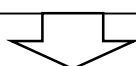
For example: wholemeal bread, oatcake, rye crispbread.



2. Spread on your fibre provider topping



For example: peanut butter (no added sugar or salt), reduced fat hummus, mashed avocado, salsa (choose a lower salt option).



3. Finish with fruit or vegetables



For example: banana, grated carrot, sliced tomato, cucumber or thinly sliced apples.

Useful equipment

Chopping board

Vegetable knife

Table knife

Grater

Top fibre tips!

Wash your carrots but leave the skin on for an extra fibre boost!

Add plenty of fruit or veg toppings!



Share your creations on twitter @NutritionOrgUK #HEW22 or email them to us at postbox@nutrition.org.uk