



PLAYsense

## SNACK TIME

Snack time is an important part of the Play Sense day, because we believe that not only do little ones eat better when sharing a 'meal' together, but also benefit socially. It is recommended that unless there are allergies to consider, all children eat the same snack. As parents you will take turns to supply these snacks for all children, so it is important to consider offering healthy snacks.

Current science does provide guidelines for healthy eating and some are outlined in this document.



## PRINCIPLES OF HEALTHY EATING

- ✓ Real natural, whole foods – food should look like it would when it comes from the farm. The fewer processes it has gone through, the more control you have.
- ✓ Buy fresh and seasonal. If it's in season it will not only be cheaper but it will taste better and be more nutritious.
- ✓ Eat foods with good quality fat like avos, butter, extra virgin coconut oil and extra virgin olive oil.
- ✓ Natural sweetness, from fruit and sweet vegetables (sweet potatoes, carrots), and for special treats and baking the use of raw honey and maple syrup is preferable.

### FOODS TO AVOID



**Many of the following are hidden in processed foods so watch out for them, so always read the label. Avoid:**

- ✗ Any pre-prepared foods that contain more than 3 ingredients.
- ✗ Convenience foods made predominantly of refined wheat like cakes and biscuits as well as processed foods such as puffed rice and packet cereals and smoked meats (unless naturally smoked with no nitrates).
- ✗ Processed sugars found in many food products like juices, baked goods, yoghurts and dairy dessert. They come under different names besides sugar such as high fructose corn syrup, corn syrup, maltose, sucrose, dextrose, etc. also beware of agave syrup.
- ✗ Processed or refined and rancid cooking oil, margarine, trans fats, hydrolysed fats and vegetable fat. Such as canola oil, and seed oils.

## QUICK SNACK IDEAS

These are wonderful ideas for snack time. Try to choose from this list:

Super Foods	Great for toddlers
Raw milk cheese	Organic cheese
Raw milk yoghurt (unsweetened) mixed with organic fruit/raw honey or on its own	Organic full cream unsweetened yoghurt mixed with fruit
Pasture reared meat biltong or droewors	Droewors and low salt biltong
Organic hard boiled egg	Free range egg hard boiled egg
Activated nut butter on a slice of apple	Unsweetened nut butter on a slice of apple
Guacamole with crudités (organic)	Guacamole with crudités
Activated nut bars	Nut Bars
Activated Nuts and Goji berries	Raw nuts and raisins (no sulphur dioxide)
	Cassava and coconut flour rusks (see recipe)
	Cheesy almond and coconut biscuits (see recipe)
	Fat bombs (see recipe)
	Meatballs (see recipe)
Raw cheese sandwich made with essence bread* and raw butter	Cheese sandwich with sour dough bread and butter
Homemade spinach frittata	Crustless quiches (store bought)



## RECIPES

### NUT BARS

- 1 ¼ cup almond flour (soaked, dehydrated nuts ground to a flour)
- ¼ tsp sea salt
- ¼ tsp baking soda
- ¼ cup coconut oil
- ¼ cup maple syrup (organic, grade B)
- ⅛ cup filtered water
- 1 tsp vanilla extract
- ½ cup shredded coconut
- ¼ cup raisins or dried cranberries
- 2 ¼ cups any combination of pumpkin seeds, chopped almonds or walnuts, sunflower seeds, sesame seeds, flax seeds, etc. (soaked and dehydrated first)

In a large bowl, combine almond flour, salt and baking soda. Add coconut oil, maple syrup, water, and vanilla. Stir dry ingredients into wet. Mix in shredded coconut, seeds, and dried fruit. Grease an 8×8 baking dish with coconut oil. Press the dough into the baking dish, wetting your hands with water to help pat the dough down evenly. Bake at 180°C for 20 minutes. Cut and serve. Cool before cutting.

These bars are crumbly. Very tasty topped with a dollop of yogurt.

### CHEESY ALMOND AND COCONUT BISCUITS

- ½ cup almond flour (preferably activated), or LSA (or other nut flour)
- 3 eggs
- ¼ cup butter, melted
- Salt, a good grind or two
- 2 cups raw cheddar cheese, grated
- ½ – ¾ cup coconut flour, sifted

Preheat oven to 200°C. Blend the almond, coconut flour, eggs, butter, salt, and cheese.

Knead the dough until a moist play dough consistency. Form dough into balls and put on a tray lined with baking paper. Flatten to either a thin cracker or a thicker (1cm) biscuit. Bake for 15 minutes. You can turn them once to get crispy cheese on both sides.



### BEEF AND QUINOA BALLS

- ¼ cup uncooked quinoa
- ½ cup homemade or low-sodium vegetable stock (or boiling water with ½ tbsp dried herbs)
- 500 g lean beef mince
- 1 onion, peeled and roughly chopped
- 1 tsp minced garlic
- ¼ cup grated carrot
- ¼ cup grated baby marrow
- 1 egg, lightly beaten
- 1 tbsp mixed dried herbs
- 2 tbsp coconut oil

Rinse quinoa in a sieve under running water. Cover quinoa with water in a pot and bring to a simmer. Cook for 15–18 minutes, stirring occasionally.

Preheat the oven to 200°C

Place beef mince, onion, garlic and vegetables in a food processor and pulse until thoroughly combined. Scoop the mixture out into a bowl.

In a large pan, heat coconut oil over medium heat. Add the balls in batches and cook for about 15 minutes, turning occasionally, or until brown all over.

## GUACAMOLE

Mash up ½ soft avocados, with a little good quality salt and a squeeze of lemon. You could also add some full fat organic yogurt, some ground cumin, or some olive oil.

## BILTONG FAT BOMBS

60 g very dry biltong (ask your butcher or biltong shop for unsalted, unspiced biltong)

⅓ cup full-fat plain cream cheese, at room temperature

2 tbsp coconut oil, at room temperature

¼ ripe pear (or 1 fig), peeled and finely chopped

1 tsp chopped fresh thyme leaves

In a blender, pulse biltong until it resembles crumbs. A good coffee grinder works well too. Add cream cheese, pear and thyme to the biltong in the blender, and pulse until smooth. Scrape out the mixture with a spatula and press into an ice-cube tray or fun-shaped moulds. Freeze for 30 minutes. Pop out moulds and keep in the fridge.

## CASSAVA AND COCONUT RUSKS

1 ½ cups cassava flour (Health Riot)

1 ½ cups flour

5 ml bicarbonate of soda

5 ml baking powder

5 ml good quality salt (ornyx)

4 tbsp maple syrup b grade/coconut blossom sugar

200g good quality farm butter

1 cup coconut milk

1 free-range/organic egg

Preheat oven to 190°C. Sift flours, bicarb soda, baking powder, salt, and sweetener. Use your fingers to rub in the butter until it resembles bread crumbs.

Whisk the egg and coconut milk together and add to the flour mix.

Mix lightly until dough forms and spread into a rectangular pyrex lined with baking paper. Bake for 25 minutes or until risen and golden. Take out the oven and allow to cool completely. Cut into finger rectangles and place spread out on a baking tray at 70°C for 20 hours. (Yip, that long!)

Once they are out the oven and cooled, store in an airtight jar.

You could add raisins, nuts or seeds to this recipe.



## LEMON CHEESECAKE FAT BOMBS

2 tbsp coconut oil, at room temperature

⅓ cup full-fat plain cream cheese, at room temperature

1 tbsp lemon zest

1 tsp lemon juice

1 tsp maple syrup

Whisk or blend ingredients together (you may need to melt them slightly first). Pour the mixture into an ice-cube tray and freeze for 30 minutes. Pop out of the moulds and put in a labeled freezer-proof container. Store in the freezer.



### RESOURCES

Foodology.co.za –  
Anastasia Georgeu Jamieson

Weaning Sense –  
Kath Megaw & Meg Faure

Weston A Price Foundation

I quit sugar – Sarah Wilson

### WHERE TO BUY IN CAPE TOWN

Gogo's - Newlands Village

Think Organic – Kenilworth

Organic Zone – Lakeside

Ethical Co Op online <http://www.ethical.org.za/>

Wellness Warehouse

Most good health shops

Freedom bakery – Banting rusks

*\*essene bread is a sprouted wheat bread (spring bakery)*

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