

Snacks – Savoury

Sardine pate

Serves 1-2

Prep time 2mins

Ingredients

- 30g butter (room temperature), cut into small squares
- 100g tin of sardines, drained (in water or olive oil)
- 1/2 unwaxed lime – grated zest and juice
- 2tsp chopped capers
- Black pepper

Preparation

- Drain the sardines add to food processor
- Add the butter
- Add the lemon zest and juice,
- Add 1 tsp. capers and some black pepper, blend until smooth
- Add remaining capers and stir in.
- Check seasoning and season more if required.
- Place in a ramekin to serve
- Or roll into a log, wrap in parchment paper and chill, this makes it easier to slice into little rounds
- Serve with crudité's (carrot, cucumber and celery sticks), oatcakes or have with salad and pitta bread.

Red Pepper Hummus

Serves 3-4

Ingredients

- 7-8 Pepperdew peppers
- 400g chickpeas (organic canned or soaked overnight and well rinsed)
- 1 tsp paprika
- 1 clove fresh garlic crushed
- 2 tablespoons olive oil (plus slightly more for acquiring desired consistency)
- 2 tsp lime juice (extra for taste)
- Sea salt to taste

Method

- Put peppers and chickpeas in food processor
- Add paprika, garlic, lime juice and olive oil and blend
- Taste – season with salt and pepper
- Add more lime juice to taste

Smoked Trout Pate

Serves 3-4

Ingredients

- 2 smoked trout fillets (approx. 125g)
- 30g soft butter
- 4-5 mini pickled gherkins
- Juice of 1 lemon
- ¼ tsp. cayenne pepper
- 2 tbs. Olive oil

Method

- Put all of the ingredients into a food processor
- Blend until smooth
- Put the mixture into a ramekin or jam jar and spoon onto oatcakes and serve with watercress.

Snacks – Sweet

Pretend Chocolate

Makes 8-12 squares

Ingredients

- 150g dates
- 150g mixed nuts e.g. cashews, walnuts, pecans, almonds etc.
- 55g Raisins
- 20g Cocoa powder
- Add flavours e.g. 1 tsp. orange zest or 1 tsp. cinnamon

Preparation

- Put all ingredients in a food processor and process until it forms a dough-like consistency. It can take several minutes as the fats in the nuts blend and bind.
- Press into small square dish and press down with back of a spoon or fingers to around 1 cm thick.
- Place in and keep in the fridge. Cut into squares.

Chocolate Date Fudge

Makes 10-12 balls

Ingredients

- 250mg pitted dates
- 250mg walnuts, pecans, cashew or brazil nuts (or mixture)
- 3 tbsp cocoa powder or raw cacao powder
- Add cinnamon or orange rind to add different flavours

Method

- Put all ingredients in a food processor and process until it forms a dough-like consistency. It can take several minutes as the fats in the nuts blend and bind.
- Take thumb sized pieces of the mixture.
- Roll into small balls or flatten into a square baking tray (1cm thick) and cut into squares.
- Put into fridge for a few hours to firm up

Flapjacks

When there is little time in the morning these can be made and put in the freezer. Grab one (or two) on your way out, and take a pot of whole organic yoghurt and some berries to eat with it.

Makes 6-10 squares

Ingredients

- 200g rolled oats
- 10 dates
- 1 apple
- 2 tablespoons coconut oil
- 150mls water
- 2 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 1 tablespoon dried cranberries
- 1 teaspoon dried cinnamon (optional)
- Optional 2 tablespoons honey for added sweetness.

Method

- Blend dates, apple, coconut oil and water well.
- Mix dried ingredients together, including cinnamon if adding.
- Add the fluid mixture and mix well.
- Add the honey (if using)
- Put into a 20cm x 20cm baking tin (pre-greased with coconut oil)
- Press the mixture down well
- Bake for 20-25 minutes
- Remove and allow to cool, before cutting into squares

Tips

- Put into freezer, and grab one or two on your journey