



Hummus dip

A great alternative to sugary snacks

Ingredients

1 can chickpeas
3 tbsps. olive oil
1 garlic clove
Juice of 1 lemon
½ tsp. cumin
3 tbsp. tahini paste
A little salt and pepper

Method

1. Place all the ingredient into a bowl together and with a hand blender, blend all the ingredients together until creamy and smooth
2. Serve with pitta bread or prepared vegetables

Serve with a selection of vegetables such as:

- Carrots
- Peppers
- Celery
- Cucumber



Lemon cookies

Makes 15

Delicious biscuits with reduced sugar

Ingredients

150g butter
120g caster sugar
1 egg
200g plain flour
Zest of 1 lemon

Method

1. Pre heat the oven to 170 degrees
2. Cream together the butter and sugar using an electric whisk or wooden spoon
3. Crack the egg into a small bowl and whisk it up with a fork
4. Weigh the flour into another bowl
5. Add half the egg with a spoonful of flour, mix and then repeat
6. Add the remaining flour and lemon zest and whisk until just mixed in
7. Divide the dough into 3. Make 5 small balls out of each piece of dough using your hands then gently press to make more of a disc shape (try to make them all the same size so they cook evenly)
8. Put on the baking sheet lined with baking parchment well spaced (as they spread a little during cooking) and bake for 10-15 minutes
9. Allow to cool on a cooling rack

Top tips

- To change the flavour you can use fresh lime or orange rind instead of the lemon
- The sugar in the recipe has been reduced by 1/3 to that of a standard recipe. To make it even healthier try reducing the amount of sugar by another 20 grams



Banana ice-cream

Serves 1

A delicious ice-cream without any added sugar

Ingredients

1 ripe banana, as ripe as possible
3-4 tbsp of milk

Method

1. Slice up the banana into chunks
2. Put on a freezer tray and leave to freeze for at least 1 hour
3. Put the frozen banana into a jug and add the milk*
4. Using a hand-blender blend to into a creamy texture

*Cows milk can be swapped for any alternative like almond milk or coconut milk

Top tips

- This is a perfect way to use up over-ripe bananas
- You can swap banana's for another fruit e.g. tinned peaches



Homemade appletise

Serves 6

A healthy take on a fizzy favourite

Ingredients

1 litre carton of apple juice
1.5 litre bottle of sparkling water

Method

1. Fill your glass with 1/3 apple juice into a glass and 2/3 sparkling water
2. Volia! A reduced sugar alternative to Appletise or Apple Tango

Top tips

- Instead of the apple juice why not freshly squeeze oranges and add sparkling water to the fresh orange juice to make homemade orange-ade
- For an even healthier option, squeeze the juice of half a lime into a glass of sparkling water