Community Dental Services

Snack ideas for the whole family

Remember to offer only small quantities to make sure your children are not too full for their next main meal.

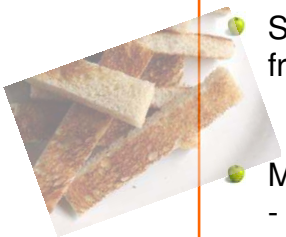
- Rice cakes with hummus, cucumber and carrot sticks

- Mini plain scone with cream cheese, satsuma segments
- Mini chapatti triangles with fat spread, pear slices

- Plain pancakes (sugar free) with fat spread.
- English muffins with melted cheese, apple wedges.

- Mini cheese dosa (lentil crepe), apple slices

- Sliced banana with natural yoghurt and toast fingers.



- Sweet potato wedges with crème fraiche or mashed avocado.
- Mixed chopped fruit salad e.g.
  - Grapes, banana & melon
  - Orange wedges, strawberries & kiwi

- Aloo tikki (spiced potato patties) with natural yogurt
- Breadsticks with mint and cucumber yoghurt dip ('Raita'), kiwi slices
- Carrot and pepper strips with hummus
- Plain popcorn, grapes
- Toasted crumpet with fat spread, peach slices

- Celery sticks filled with cream cheese.
- Mini idli (steamed rice cake) with mint and coriander dip, berries (defrosted from frozen)
- Fruit kebabs e.g. peach or nectarine chunks, chopped kiwi, apple, banana, etc.
- Chopped tomatoes and basil on mini toasted bagels.
- Crackers with cheese cubes, cherry tomatoes