



## Tasty Nourishing Snacks

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| <p><b>Lemon Ripple Cheesecake Mousse</b><br/>(8 portions)</p> <ul style="list-style-type: none"> <li>• 200g full fat cream cheese</li> <li>• 300ml double cream</li> <li>• 10ml lemon extract</li> <li>• 10ml vanilla extract</li> <li>• 50g icing sugar</li> <li>• 1 x tbsp lemon curd</li> <li>• 1 medium avocado</li> </ul> <p>Per serving: 330 calories, 2 grams protein</p>                                | <p><b>Method</b></p> <p>Soften cream cheese with lemon extract, vanilla extract and icing sugar.</p> <p>Prepare and mash avocado, add cream and mix to smooth paste.</p> <p>Add the avocado mix to cream cheese mix and blend until light and fluffy.</p> <p>Soften lemon curd with spoon and fold through the mousse to create a ripple effect.</p> <p>Place the mousse mix in fridge and allow to set.</p>   |
| <p><b>Chocolate-Avocado Mousse</b><br/>(8 portions)</p> <ul style="list-style-type: none"> <li>• 200g full fat cream cheese</li> <li>• 300ml double cream</li> <li>• 2 tsp cocoa powder</li> <li>• 100g milk chocolate</li> <li>• 200g avocado</li> <li>• 15ml vanilla extract</li> <li>• 50g icing sugar</li> </ul> <p>Per serving: 385 calories, 4 grams protein</p>   | <p><b>Method</b></p> <p>Mix together cream cheese, icing sugar and cocoa powder to a smooth, soft consistency.</p> <p>Prepare and mash avocado to a smooth paste then add the cream and combine.</p> <p>Whisk until light and fluffy.</p> <p>Place the mousse mix in fridge and allow to set.</p> <p>This can be used as a mousse for dessert or snack or spread over a sponge or biscuit base to further boost available nutrition.</p>   |
| <p><b>Easy Energy Bar</b><br/>(20 bars)</p> <ul style="list-style-type: none"> <li>• 6 standard Mars bars/supermarket own version</li> <li>• 227g butter</li> <li>• 200g Rice Krispies/supermarket own version</li> <li>• 57g desiccated coconut</li> <li>• 115g mixed dried fruit</li> <li>• 115g mixed seeds</li> <li>• 1 tsp vanilla extract</li> </ul>  <p>Per serving: 275 calories, 3 grams protein</p> | <p><b>Method</b></p> <p>Chop mars bars into small pieces.</p> <p>Melt butter in a pan, then add chopped mars bars and melt down to a smooth caramel consistency.</p> <p>Remove the pan from the heat and continue to mix using wooden spoon until caramel thickens.</p> <p>Add all other ingredients into a bowl and mix together then add the softened caramel to coat all other ingredients.</p> <p>Press the mix into a greaseproof lined tray bake tin and chill in the fridge to set.</p> |