Fibre packed snack
Create your own fibre packed snack!

1. Choose your wholegrain base
   For example: wholemeal bread, oatcake, rye crispbread.

2. Spread on your fibre provider topping
   For example: peanut butter (no added sugar or salt), reduced fat hummus, mashed avocado, salsa (choose a lower salt option).

3. Finish with fruit or vegetables
   For example: banana, grated carrot, sliced tomato, cucumber or thinly sliced apples.

Useful equipment
- Chopping board
- Vegetable knife
- Table knife
- Grater

Top fibre tips!
- Wash your carrots but leave the skin on for an extra fibre boost!
- Add plenty of fruit or veg toppings!

Share your creations on twitter @NutritionOrgUK #HEW22 or email them to us at postbox@nutrition.org.uk