

# MAKE YOUR OWN PLASTIC FREE SNACKS

Making plastic free snacks for school lunches is a popular way to avoid individually wrapped items such as muesli or granola bars with healthy alternatives. Here we share three popular and simple ideas that can be made as a school activity or at home.



## BLISS BALLS

Bliss balls (or protein balls) are a versatile healthy treat made from ingredients that can be found at local bulk food stores. If you don't have access to a bulk food store, try buying ingredients in bigger quantities (eg oats in a cardboard box or a big bag of dates) and recycling the packaging. This should result in less waste than buying lots of individually wrapped snacks such as muesli or granola bars.

Bliss balls take about 15 minutes to make and can be stored in an airtight container in the fridge for up to a week. We've included a recipe to use at schools that have a nut-free policy.



## NUT-FREE Fruity Bliss Balls

- 10 medjool dates, pitted
- 1/2 cup raisins or sultanas
- 1 cup rolled oats
- 1 tablespoon cacao or cocoa
- 1/2 teaspoon vanilla extract
- pinch of salt
- desiccated coconut



## Peanut Butter Bliss Balls

- 14 Medjool dates, pitted
- 200g almonds
- 4 tbsp 100% natural peanut butter
- 1 tbsp cacao or cocoa
- 1-2 tbsp water, if needed
- desiccated coconut

### Method

1. Place the ingredients into a food processor.
2. Process on high speed until the mixture sticks together like a paste.
3. Take small handfuls of mixture and make into balls, roll in coconut.

## Plastic free pancakes

No need to buy pancake mix in a plastic bottle when making your own pancakes from scratch is so easy!

Follow this simple recipe of 1 egg, 1 cup milk and 1 cup self raising flour. Experiment using your choice of milk and different flours such as spelt, wholemeal or almond meal (you'll need to add baking powder if you're not using self raising).

## Delicious dips

Dips make great waste free snacks for school. Popular ideas include olive tapenade, cauliflower and white bean dip and hummus (with soaked and cooked chickpeas or tinned and tahini in a glass jar) or flavour with leftover roasted pumpkin or sweet potato. Hummus freezes well so if you have made more than you need pop it in a jar and freeze it for the next time. When avocados are in season, guacamole is a quick dip to make - simply mash and add lemon juice, olive oil, garlic, diced tomatoes and cucumber, red onion and salt and pepper to taste. Serve with



veggie sticks (try carrot, celery, cucumber and pepper/capsicum sticks or broccoli and cauliflower florets). Accompany with thinly sliced baguette/french sticks can be brushed with olive oil and lightly grilled or toasted to make "crackers".

