

The traditional entertaining snacks are high in salt, fat and sometimes sugar. A few handfuls of these snacks, combined with grazing from a finger food platter, can significantly increase your kilojoule intake and that is bad news for your health and your weight. So if you want to enjoy your guests and your good health, take a little time to plan your food for entertaining.

Short of time to cook? Try these simple snacks you can put together with only a few ingredients.

- Water thin crackers and Brie cheese
- Trail mix – combo of dried fruit and nuts
- Roasted chick peas (find them in the health food aisle)
- Home popped popcorn – add a sprinkling of chilli flakes
- Pretzels – a great alternative to potato chips
- Chopped veg sticks (try carrot, celery and capsicum) with hummus or avocado smash dip
- Sushi – store bought or try rolling your own (it's so easy – buy a kit from the supermarket)
- Bocconcini bites (a cherry tomato, piece of bocconcini and basil leave on a skewer)
- Pita crisps – serve with hummus, beetroot or carrot and chickpea dip.



Remember...

Water is the best drink to choose. If you do decide to drink alcohol, enjoy responsibly. Consider alternating your alcohol drinks with water or mineral water flavoured with fruit.



Have a bit of extra time to cook? Impress your guests with these healthy snacks!

- Tomato bruschetta
- Prawns stir-fried in honey, soy and garlic
- Mini meatballs
- Chicken bites
- Mini quiches and frittatas
- Homemade sausage rolls
- Homemade spinach and ricotta rolls
- Homemade mini pizzas (topping on English muffins)
- Homemade potato and sweet potato wedges – serve with a delicious dipping sauce made from natural yoghurt and sweet chilli sauce
- Pita crisps – serve with hummus, beetroot or carrot and chickpea dips



All of these delicious recipes can be found on our website, you are a click away from your perfect entertaining recipes!

<http://www.actnss.org/recipes/>