



## Vegetable ‘fake’ Pakora

Having a healthier snack prepared when you look in the fridge can help you stop picking an unhealthy snack. This healthier version of pakora has not been deep fried and the vegetables will help you achieve your daily requirement of vitamins and minerals.



### Ingredients

- ½ bag of frozen veg
- 2 medium potatoes, boiled and mashed
- 1 red onion, finely diced
- 1 egg
- 2 tsp curry powder
- 1 tbs plain low-fat yoghurt
- Salt and pepper
- 1 kcal vegetable oil spray

### Method

1. Let the vegetables defrost and dice any chunky pieces
2. Pre heat oven to 200 °C/Fan 180 °C/392 °F/ Gas mark 6
3. Stir the onion, potatoes and mixed vegetables together
4. Whisk egg and stir into the mixture
5. Mix the curry powder with yogurt and stir into mixture
6. Season with a pinch of salt and pepper
7. Mixture should make 12 pakora, spoon the 12 portions onto a baking tray ideally onto greaseproof paper
8. Spray pakora with 1 kcal oil
9. Bake for 25-30minutes
10. 2 Pakoras are 100kcal snack. They are delicious eaten hot or cold and are suitable for freezing.

### Nutrition per portion - 97g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
100kcal	1.6g	0.3g	5.7g	0.1g	5.5g	15.2g	1.3g
5%	2%	1%	6%	2%	11%	6%	

### % of an adult's reference intake

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## Toast and banana

This is a great snack to increase your fibre intake, you should be aiming for at least 30g a day. The banana gives you half a portion of your 5 a day alternatively the whole banana on its own will still be under 100 kcal



### Ingredients

- 1 small slice of wholemeal bread
- 40g (½) banana

### Method

1. Toast the bread, top with sliced banana and enjoy

### Nutrition per portion - 64g

Energy 100kcal	Fat 0.8g	Saturates 0.1g	Sugars 7.9g	Salt 0.3g	Protein 3.3g	Carbs 19g	Fibre 2.4g
5%	1%	1%	9%	5%	7%	7%	-

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## Brazil nuts

Although Brazil nuts are high in fat, they are a great source of protein and minerals, especially selenium, an essential trace element. One of the roles of selenium is to protect cell membranes from damage by free radicals. Brazil nuts are great if following a plant-based diet as other food sources rich in selenium are fish and offal.



Photo by Delphine Hourlay from Pexels

### 4 Brazil nuts contain:

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
90kcal	8.9g	2.3g	0.3g	0g	2.1g	0.3g	0.56g
4%	13%	11%	0%	0%	4%	<1%	-

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## Raspberry Smoothie

Fruit and veg are rich in vitamins, minerals and phytochemicals which may help your bodies defence against cancer and support your immune system. Blending the smoothie while the raspberries are still frozen will give you more of a pudding/mousse like texture, just add water if you prefer a thinner texture.



### Ingredients

- 70g frozen raspberries
- 10g banana
- 145g semi-skimmed milk

### Method

1. Add all the ingredients together and puree with a hand blender
2. The recipe above is for 1 portion

### Nutrition per portion - 225g

Energy 99kcal	Fat 2.7g	Saturates 1.6g	Sugars 11.7g	Salt 0.2g	Protein 5.8g	Carbs 11.9g	Fibre 2g
5%	4%	8%	13%	3%	12%	5%	-

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## Sweet potato pizza bites

Sharing recipes with friends is a great way to try new things. This is how this tasty snack was discovered and is now a frequent go to snack. Eating sweet potatoes with their skins makes them rich in fibre and a source of carbohydrate with a low glycaemic index (GI), this can help to keep blood glucose levels steady.



### Ingredients

- 1 medium sweet potato
- 2 tsp tomato puree
- 15g (½ matchbox size) cheese, grated
- 1 kcal vegetable oil spray
- Salt and pepper

### Method

1. Pre heat oven to 200 °C/Fan 180 °C/392 °F/ Gas mark 6
2. Wash potato and leave skin on
3. Slice into 1cm circles, place on baking tray, spray with oil and lightly season
4. Bake potato in oven for 10 mins, turn slices and bake for another 5-10 minutes
5. Remove from oven, spread with tomato puree and evenly sprinkle the cheese on top.
6. Bake for a further 5 minutes until cheese is melted
7. This recipe provides two 65g portions

### Nutrition per portion - 65g

Energy 99kcal	Fat 2.8g	Saturates 1.7g	Sugars 7.9g	Salt 0.2g	Protein 2.8g	Carbs 14.4g	Fibre 1.9g
5%	4%	8%	9%	3%	6%	6%	-

### % of an adult's reference intake



## Homemade hummus and cucumber crudities

Eating 80g or more of cooked chickpeas counts as 1 portion of your 5 a day. This snack also has all the added benefits of being rich in fibre, you must always remember to drink plenty of water to allow fibre to do its job properly. Making your own hummus helps reduce the fat content and calories. This recipe will also work well with other beans.



### Ingredients

- 1 small tin of chickpeas
- 1 tbs of plain low-fat yoghurt
- 1 garlic clove
- 1 tsp lemon juice
- ¼ cucumber

### Method

1. Drain and rinse chickpeas under water
2. Place chickpeas into food processor or container suitable for using a hand blender
3. Add the garlic, yogurt, lemon juice and blend
4. If texture too thick for your liking add some water
5. Cut cucumber into strips, ready to dunk into the hummus dip
6. This recipe makes 2 portions

A portion of hummus and cucumber (120g) contains:

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
98kcal	2.4g	0.4g	2.5g	<0.01g	6.4g	12.6g	3.8g
5%	3%	2%	3%	1%	13%	5%	-

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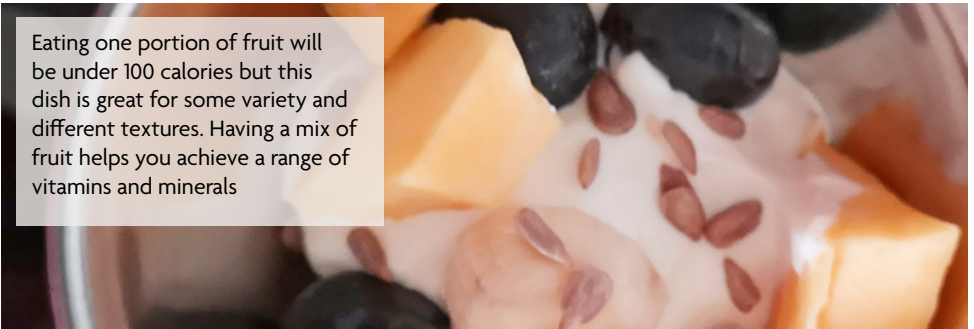


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## Fruit and Yoghurt

Eating one portion of fruit will be under 100 calories but this dish is great for some variety and different textures. Having a mix of fruit helps you achieve a range of vitamins and minerals



### Ingredients

- 2 x 5 cm sliced mango (about ¼ mango)
- 1 medium banana
- 14 grapes
- 2 kiwis
- 1½ tbs plain yoghurt
- 1 tsp mixed nuts
- 1 tsp sunflower seeds

### Method

1. Peel skin from mango then cut into bite sized cubes
2. Slice banana
3. Peel kiwi and slice into bite size portions
4. Mix all fruit together
5. Add yoghurt and sprinkle with seeds and nuts
6. Divide into 4 portions

### Nutrition per portion - 106g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
100kcal	3.6g	1.5g	13g	<0.01g	2.5g	13.9g	2.2g
5%	5%	7%	14%	1%	5%	5%	-

% of an adult's reference intake



## Fried Okra Slices

Why not try a vegetable you maybe would not normally have. Okra is great source of vitamins and minerals and especially fibre. Fibre has so many important roles in keeping us healthy including lowering our risk of heart disease, diabetes and colorectal cancer.



### Ingredients

- 175g sliced okra
- Pinch of salt
- Pinch of pepper
- ½ tbs vegetable oil

### Method

1. Cut the tip and base of okra, wash the okra and slice lengthwise
2. Leave to dry on chopping board or paper towel for 30min
3. Heat frying pan and add vegetable oil
4. Add okra with salt and pepper and fry on high heat for 5 minutes
5. Fry for another 5-7 min on medium to low heat
6. Remove from heat and enjoy this whole portion

### Nutrition per portion - 92g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
100kcal	7.5g	0.8g	3.7g	0g	3.7g	4.3g	4.8g
5%	11%	4%	4%	1%	7%	2%	-

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## Fruity Flapjack

This flapjack has less fat and sugar compared to some traditional recipes. The banana gives it sweetness and texture, a great way to have a sweet treat rich in fibre. Just remember to have one piece for it to be under 100 calories



### Ingredients

- 1 ripe banana
- 20g raisins
- 20g brown sugar
- 20g fat/olive oil spread
- 1 tsp golden syrup
- 130g oats

### Method

1. Pre heat oven to 200 °C/Fan 180 °C/392 °F/Gas mark 6
2. Weigh oats and raisins into a mixing bowl
3. Gently melt spread, stir in the sugar and syrup, mix well into the oats
4. Mash banana and mix well into the above mixture
5. Empty the mixture into a small oven proof dish, use a spoon to flatten mixture out
6. Bake for 15 minutes
7. Remove from the oven and cut into 10 pieces, leave to cool before removing from the dish
8. Depending on the dish used 1 square (25g) of flapjack will be around 81kcal

### Nutrition per portion - 25g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
81kcal	2.1g	0.4g	5.5g	<0.01g	1.5g	13.4g	1g
4%	3%	2%	6%	1%	3%	5%	-

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## Boiled Egg

Eggs are so versatile and a healthy filling snack. They are a great source of protein providing you with all the essential amino acids. You could boil a few eggs, so you have something prepared in the fridge for the next couple of days.



### Ingredients

- 1 medium egg

### Method

1. For hard boiled eggs, boil for around 7-8 minutes

#### Nutrition per portion - 57g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
82kcal	5.5g	1.5g	0g	0.2g	8g	0g	0g
4%	8%	8%	0%	4%	16%	0%	-

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