



## Summer snacks and desserts

Here are a few ideas to make snacks and desserts a little tooth-friendlier in the warmer weather:

### Snack on any time

#### Fresh fruit

- Make it more accessible by pre cutting, covering and putting into the fridge ready to snack on.
- You can freeze fruit too or pop some berries or grapes into an ice cube tray. These make great ice cubes too!



#### Vegetable batons and dips

- As above, pre cut vegetables and salad foods into ready to eat batons. Cucumber, pepper, carrot, celery and mange touts are great for dipping and munching.
- Check out these great recipes for easy dips.

simple hummus dip

<https://www.myfussy eater.com/child-friendly-hummus-with-crudites/>

guacamole

<https://www.bbcgoodfood.com/recipes/best-ever-chunky-guacamole>

tzatziki

<https://www.bbcgoodfood.com/recipes/tzatziki>

tomato salsa

<https://www.bbcgoodfood.com/recipes/ultimate-tomato-salsa>



#### Cheese

Cubed cheddar, cheesestrings, babybel and spreadable soft cheese are just some ideas to accompany your snack plate.

#### Crackers and bread

Cream crackers, plain rice cakes, pitta bread, flat bread, toast fingers and breadsticks are just a few ideas for dipping into those dips!



#### Water way to cool down!

Jazz up tap water by using:

bright fun ice cubes, including frozen fruit



A drink dispenser—children love using these and will be back to fill up over again!

Be imaginative with drinking cups, use bright colours or why not use children's play cups, saucers and pour the water from the teapot!

Straws! Be green and try using a wheat straw [www.wheatstraws.co.uk/](http://www.wheatstraws.co.uk/)



## Dessert ideas

The below ideas contain sugars and acids which can affect the teeth so it's advisable to have these as part of a meal.

### Homemade ice lollies

- No added sugar squash lollies –simply make up a squash drink and pour into lolly moulds and freeze
- Frozen yoghurt—simply tip a pot of yoghurt or fromage frais into a lolly mould and freeze.

Fancy avocado or watermelon as a lolly? Then try these recipes:

<https://www.bbcgoodfood.com/recipes/watermelon-lollies>  
<https://www.bbcgoodfood.com/recipes/creamy-avo-lollies>

**What about banana ice cream?** Simply peel, chop and freeze some bananas. Then using a hand held blender or food processor, whizz it up to form a creamy texture. You can add extras at this stage if you like such as a dollop of peanut butter and whizz it together. Put it back into the freezer for a few hours and you have banana ice cream!



### Sugar free jelly

- Serve jelly as a cool refreshing dessert.
- Try making rainbow jelly!



### Smoothies

Experiment with a range of fruits or simply any leftover/over ripened fruits.

Tip - bananas and avocados work well for a creamy texture

[www.bbcgoodfood.com/recipes/collection/kids-smoothie](https://www.bbcgoodfood.com/recipes/collection/kids-smoothie)

And you can always turn them into lollies if you have any leftovers!