The simplest way
...to bust after school hunger

Try these great fruity recipes that will keep your child satisfied until dinner time.

Raisin Toast Rippers
2 slices raisin toast topped with banana and a drizzle of honey.

Krazy Kebabs
Fruit skewers with watermelon, grapes, rockmelon, & strawberries, served with reduced-fat yoghurt for dipping.

Fruity Smoothie
250mls reduced-fat milk
1 handful of berries
1 banana chopped
Place into blender and mix

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.