

**The Finest
After School**

Snacks

From

**Nature's
Finest**



**Nature's
Finest**

Fruity Kebabs

WITH CREAMY YOGURT DIP



- Serves: 4-6
- Prep Time: 10mins

What You Will Need:

- 1 x pot of Nature's Finest Tropical Fruits 400g, (drained)
- 1 x pot of Nature's Finest Pineapple 400g, (drained)
- Grapes
- Strawberries
- Optional
 - Cheese cubes
 - Prosciutto ham
- 6 x bamboo skewers

Yogurt Dip

- 250g Greek yogurt
- 2 tsp orange juice
- 1 tsp of vanilla extract (to taste)
- 3- 6 tbsp runny honey or maple syrup

How To Prepare:



Take the bamboo skewers and thread the chunks of fruit on in any order, leaving a 2-3cm gap at the end for a cube of cheese and a small piece of ham.



Arrange your colourful skewers in a circle shape on a plate.



To make the yogurt dip simply combine all the ingredients in one medium sized serving bowl and stir well!



Feeling adventurous? Why not add a pinch of cinnamon, a tsp of cocoa powder or even swap some honey for lemon curd in your next dip!

Top Tip! – You can store the dip in the fridge in an airtight container for up to a week.

Chewy Prune & OATMEAL COOKIES



- **Makes: 24 cookies**
- **Prep Time: 15mins**
- **Cook Time: 15mins**

What You Will Need:

- 1 x pot of Nature's Finest Prunes 400g (drained and chopped)
- 112g quick cook oats
- 90g plain flour
- 135g brown sugar
- 65g vegetable oil

How To Prepare:

- 1 Into a large bowl add all the ingredients, except the prunes, then beat until blended, occasionally scraping the bowl with a rubber spatula.
- 2 Stir in the prunes.
- 3 Pre-heat oven to 350 degrees. Drop tablespoons of mixture about 2 inches apart onto an ungreased large cookie/baking sheet.
- 4 Bake cookies for 15 mins or until golden brown.

Top Tip! – Why not mix a combination of brown sugar and coconut sugar for an extra taste dimension?

Mango Fruit ROLL UPS



- Serves: 6
- Prep Time: 10mins
- Cook Time: 3-4 hours

What You Will Need:

- 1 x pot of Nature's Finest Mango 400g
- 150g fresh raspberries
- 2 tbsp sugar or sugar-substitute

How To Prepare:

- 1** In a food processor, blend the mango until smooth, then place in a bowl and mix in 1 tbsp sugar/substitute, and set aside. Repeat with raspberries!
- 2** Line a large baking sheet with greaseproof paper. Pour the mango mix on and spread evenly. Add the raspberry mix on top of the mango and spread evenly again, to about 1/8" thick.
- 3** Bake at 170 degrees for 3-4 hours or until the centre is barely tacky.
- 4** Once cool, flip the fruit onto more greaseproof paper, roll up, and cut into 1.5" rolls. It will keep for up to a week in an airtight container.

Top Tip! –These are great for lunchboxes or mid-morning snacks!

Mini Pizza ROLLS



- **Makes: 12 pizza rolls**
- **Prep Time: 15mins**
- **Cook Time: 15-20mins**

What You Will Need:

- 1 x pot of Nature's Finest Pineapple 200g (drained and chopped)
- 250g of self raising flour, plus extra for dusting
- 80g of chilled chopped butter
- 2 tsp of castor sugar
- 80ml of milk
- 60g of passata (pizza sauce)
- 225g grated mozzarella
- 100g chopped sliced ham
- Salt & Pepper to season

How To Prepare:

- 1** Preheat oven to 220C/200C fan and grease a 12-hole muffin tray.
- 2** In a large bowl mix the flour, butter and sugar until it resembles fine crumbs. Make a well. Add milk. Season with salt and pepper. Stir to form a sticky dough.
- 3** Turn out dough onto a well-floured surface. Knead gently. Using a floured rolling pin, roll out dough to form a 20cm x 40cm rectangle.
- 4** Spread dough with pizza sauce, leaving a 1cm border. Sprinkle with mozzarella, ham and pineapple. Season with salt and pepper.
- 5** Roll up dough from 1 long edge to enclose filling. Trim ends. Cut into 12 equal slices. Place, cut-side up, into a muffin tray hole.
- 6** Bake for 15 to 20 minutes or until golden and just firm to the touch. Cool for 5 minutes before transferring to a baking paper-lined wire rack. Enjoy warm or cold.

Top Tip! – Perfect for your next kids party, or a mini-Hawaiian pizza all to yourself!

Pear and Toffee

MUFFINS



- Serves: 12
- Prep Time: 10mins
- Cook Time: 25-30mins

What You Will Need:

- 2 x pots Nature's Finest Pear in juice 400g, (drained and chopped)
- 300g self-raising flour
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 85g golden caster sugar
- 250ml milk
- 2 eggs, beaten
- 100g butter, melted
- 100g soft toffee, chopped into pieces
- 25g flaked almonds

How To Prepare:

- 1 Heat oven to 200C/fan 180C/gas 6. Line a 12-hole deep muffin tin with paper cases.
- 2 Combine the flour, baking powder, cinnamon and a pinch of salt into a large bowl, and then stir in the sugar.
- 3 Mix together the milk, eggs and melted butter in a large jug and pour into the dry mix all at once. Add the pears and a third of the toffee pieces, then stir until just combined. (NB: the batter should still be quite lumpy and have streaks of flour!)
- 4 Divide the mixture between the cases, then sprinkle with the remaining toffee and the flaked almonds.
- 5 Bake for 25-30 mins until the muffins are risen, golden and feel firm (the molten toffee will be extremely hot so be careful not to touch it!).
- 6 Remove from the tin and put on a wire rack to cool.

Top Tip! – You could swap out the flaked almonds for coconut shavings.

Prune & Chocolate BROWNIES



- Serves: 6
- Prep Time: 10mins
- Cook Time: 20-25mins

What You Will Need:

- 200g Nature's Finest Prunes (drained and chopped)
- 150g Butter
- 150g Sugar
- 100g Cocoa powder
- 2 Large eggs
- 1 tsp of vanilla extract
- 75g Plain flour

How To Prepare:

- 1 Melt 150g butter with 150g sugar and 100g cocoa powder in a saucepan.
- 2 Beat in 2 large eggs and 1 tsp of vanilla extract.
- 3 Add 75g plain flour and mix well.
- 4 Stir in 200g of chopped Nature's Finest Prunes.
- 5 Place mixture in an 8-inch square pan, lined with parchment paper.
- 6 Bake for 20-25 minutes at 180 degrees, then cool – and enjoy!

Top Tip! – Why not add some seasonal fruit to the top of each brownie?

Peach Melba

POCKETS



- **Makes: 12**
- **Prep Time: 30mins**
- **Cook Time: 20mins**

What You Will Need:

- 1 x pot Nature's Finest peach 400g, (drained and chopped)
- 200g raspberries, plus 6 extra for the icing
- 1 tbsp cornflour
- 1 tbsp honey
- 2 x 320g shortcrust pastry sheet
- 1 egg, beaten
- 150g icing sugar
- Sprinkles, optional

How To Prepare:

- 1 Toss the peaches and raspberries together in a bowl, and in a small bowl mix the cornflour and honey to make a paste then pour over the fruit and combine both together.
- 2 Cut out 6 rectangles from each pastry sheet, then turn each piece of pastry so the long side is nearest to you and fold them in half like a book.
- 3 Open the pastry out and evenly spoon the fruit filling onto one side, leaving a border of about 1cm around the edge. Brush the beaten egg around the edges and fold the pastry again to cover the filling.
- 4 Use a fork to seal the all the edges and brush all over with more egg.
- 5 Poke a few air holes in the top of each one with a fork. Arrange the pop pies on a baking sheet lined with baking parchment and chill for at least 30 mins
- 6 Heat oven to 200C/180C fan/gas 6. Bake the pockets for 20 mins, or until the pastry is golden and the filling is bubbling through the holes. Remove from the oven and cool for at least 20 mins.
- 7 To make the icing, crush the remaining raspberries until juicy and mix with the icing sugar to make a paste. Spread thinly over the pops and top with your favourite sprinkles!

Top Tip! – You can freeze the ready-made pockets for up to two months and then just bake from frozen for an extra 5 minutes