

## Back from school After school super snack tips

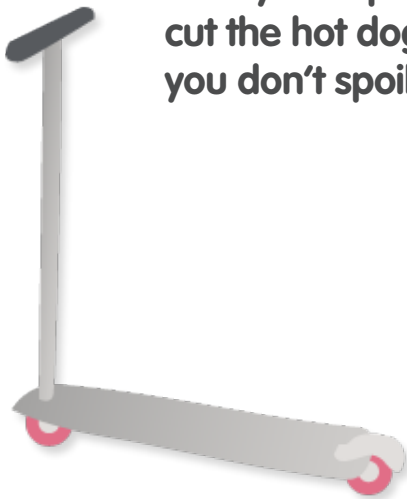


1

Hot dogs make the perfect snack to satisfy those after-school hunger pangs – especially if you’ve got to whizz back out the door again.

2

Make it quick and healthy by adding some healthy finger foods like cucumber and carrot sticks and a hearty dollop of hummus. Use mini bread rolls, or cut the hot dog into smaller pieces, to make sure you don’t spoil their appetites.



3

If you’re not dashing out the door again, you could make it a picnic in the garden or if the British weather isn’t up to much, roll out the picnic rug in the lounge. Great fun.