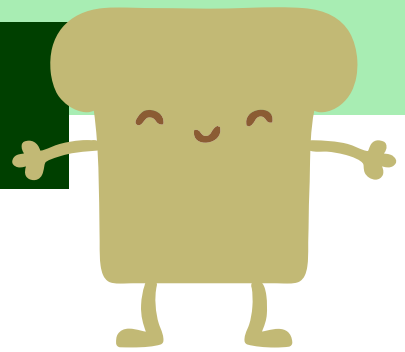


Wholegrains (iron-rich)



Fresh snack ideas

Pinwheel wholegrain wraps

Use vegetables or savoury fillings. Let children choose their own combinations as a build-a-wrap activity.

Rainbow veg toasties

Select from a range of grated/chopped veggies (e.g. zucchini, carrot, broccoli, capsicum). Add tomato, avocado and cheese, make on wholemeal bread and grill/toast in a sandwich press.

Wholegrain cereal

A simple healthy snack. Can be served with or without milk. Pair with yoghurt or fruit.

Wholegrain cheese toasties

A hot melted cheese toastie is always a winner. Great as a snack cut into triangles.

Wholegrain rice crackers

Serve with vegetable-based dip (see [Dips and Dippers](#)).

Rolled bread sushi wraps

Pick-and-mix with salad or protein ingredients using rolled-out bread as a base (crusts removed).

Wholemeal rice cake veggie faces

Get the kids to use cucumber, tomato, carrot, capsicum and mushrooms to create fun faces with rice cakes as the base. Spread the rice cakes with cream cheese, ricotta or hummus.

Bread toppings

Serve breads with a variety of toppings (see [Spreads and Toppings](#)).

- Wholemeal raisin toast
- Wholemeal toast
- Wholemeal mini sandwiches
- Wholemeal English muffins
- Wholemeal bagels

Mini pizzas topped with veggies

Use wholemeal English muffins. Top with capsicums, tomatoes, corn and mushroom, or let children build their own.

Quesadillas on wholemeal Lebanese bread

Add passata sauce, tinned corn, capsicum and cheese, use an electric fry pan or sandwich press to grill.

Baked beans bread cups

Use wholemeal bread rolled out as the base, moulded in a muffin pan. Fill with baked beans, cheese and egg and bake in the oven. (See [Baked Beans Bread Cups](#) recipe).

Baked snack ideas

Scrolls / dough

Use the two-ingredient [Healthy Dough for Pizza and Scrolls](#) recipe as the base. Check out our [Easy Scrolls - Two Ways](#) for filling ideas.

Muffins/scones/pikelets

Use wholemeal flour as the base and choose veggie and savoury fillings.

