

9 Healthy Snack Ideas for Your Guilt-Free Enjoyment



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It's snack time! While we often get a guilty conscience whenever we open the snack cupboard, it doesn't always have to be this way. Snacks can go beyond satiating our cravings, becoming in-between meals that are nourishing and flavourful. Here are 9 of our favourite healthy snack ideas. Give one of these a try this afternoon!

1. Soft-Boiled Egg, Avocado & Vegemite



This first one on our list is super simple and quick to assemble. Grab some soldier-sized slices of wholegrain topped with Vegemite and avo. Soft boil a few eggs and you have the perfect snack to get you through the day.

2. Banana Custard Tarts



These Banana Custard Tarts are made for snacking. Satisfy your sweet tooth without getting a sugar rush with a tart that can be enjoyed at any time of the day.

3. Berry Banana Crumble Muesli Bars



Banana Berry Crumble Muesli Bars are our go-to snack for busy days. Add your favourite medley of berries to this recipe, cook on the weekend, and you'll have plenty of grab-n-go snacks to get you through the week. For a dairy-free option, swap butter for olive oil.

4. Mini Spinach, Cherry Tomato and Ricotta Quiches



How good are these Mini Quiches!? Spinach, ricotta, and tomato combine to create a savoury snack that works equally well during lunchtime. This recipe makes around 12 mini quiches, the perfect amount for snacking all week long.

5. Cheese and Broccoli Fingers



Don't let those leftovers go to waste! These Cheese and Broccoli Fingers are the ultimate way to reuse leftover veggies in your fridge. Click the link to see our sweet potato and pumpkin versions too.

6. Wholemeal Date and Walnut Loaf



Name a better combo than this: caramelised dates and crunchy walnuts inside a crumbly wholemeal loaf. A great snack (and possibly better dessert), this loaf oozes feelings of comfort and nostalgia. So much yum!

7. Ham, Cheese and Olive Loaf



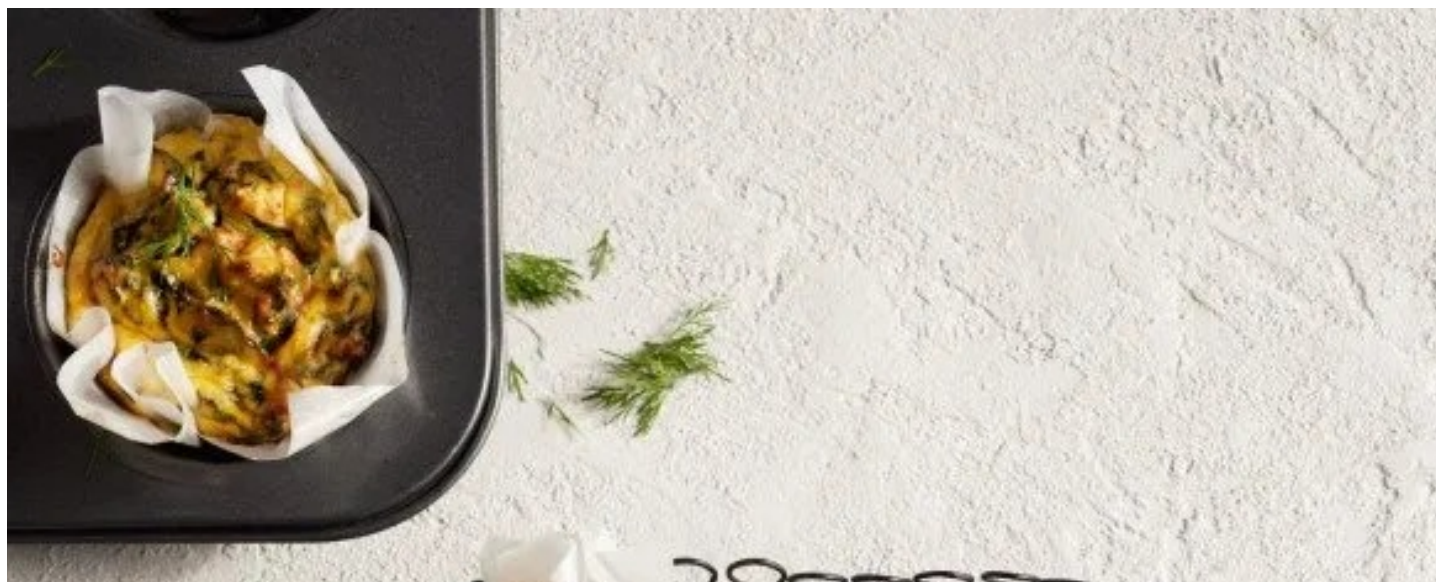
Looking for a snack that's a bit more savoury? Give this Ham, Cheese, and Olive Loaf a try. The gruyere cheese really elevates the overall flavour, making for one snack that you'll keep coming back to throughout the week.

8. Carrot and Muesli Muffins



One of the quickest recipes on this list, these Carrot and Muesli Muffins will do the trick when time is not on your side. The perfect balance of carrot, muesli, and cinnamon makes for a carrot cake-inspired delight.

9. Individual Silverbeet Frittatas





Having a day outdoors with friends? Make a few of these Silverbeet Frittatas to keep you fueled up. Have as much fun with this recipe as you wish, adding in your own favourite healthy fillings. Enjoy!

Say goodbye to snacks being the guilty pleasure in our diets. Snacks can be delicious and healthy too. Whenever you're stuck for ideas, give any one of these recipes a try, or check out our full [Snack Recipe](#) list for more inspo.