



HEALTHY SNACK IDEAS

Take a look at some of our healthy snack ideas to satisfy those pregnancy cravings and to use as party food, if you're planning a #DRYMESTER event.

HARD CHEESE PLATTER WITH APPLES AND GRAPES

Calcium is a vital part of your baby's bone development so ensure you're getting enough. If you've experienced morning sickness, eating apples gives you the fibre you need for a healthy digestive system.

HUMMUS, PITTA BREAD AND CRUDITES

As well as being a brilliant source of protein and fibre, chickpeas contain a good amount of iron and B vitamins to keep you healthy. What's more, hummus is a versatile crowd-pleaser at most events and is great food to give babies when they are being weaned onto food.

AVOCADO DEVILLED EGGS

Make sure you use hard-boiled eggs in this one. Simply slice your eggs lengthways and fill the middle with guacamole or puree and season your own avacados.

SORBET WITH FRESH FRUIT

Rather than a calorie-loaded treat, why not try a delicious and refreshing fruit-flavoured sorbet. Whether using fat free or dairy free ingredients, adding a splash of fresh fruit topping, will provide colour and tempt the taste buds, whatever the time of year.

MANGO, CUCUMBER AND AVOCADO SKEWERS

For a delicious dessert or treat for the kids, try chopping some mango, cucumber and avocados to please those guests with a sweet tooth.

CHOCOLATE BANANA SUSHI

Whilst raw fish should be avoided during pregnancy, this sweet version of the Japanese delicacy is a must-have at any party. Just dip a peeled banana into melted chocolate and sprinkle with crushed pistachio nuts. Once cooled, slice into 1 inch chunks for an amazing snack. You'll want to eat the whole lot!

And remember, always ask guests if they have any special dietary requirements or suffer from allergies when planning a menu for any event.



HEALTHY MEAL IDEAS

AVOCADO CHICKEN SALAD SANDWICH

PREP TIME 15 minutes
COOK TIME 15 minutes
SERVINGS 4

INGREDIENTS

2 boneless skinless chicken breasts
(frozen or fresh)

135g tomatoes (seeded and chopped)

½ cup grilled sweetcorn

½ red onion (diced)

2 avocados (1 diced and 1 mashed)

2 tablespoons fresh coriander (minced)

⅓ cup plain Greek yogurt

3 tablespoons lime juice

1 tablespoon red wine vinegar

2 teaspoons garlic powder
(plus more to taste)

Salt (to taste)

Black pepper (to taste)

8 slices of bread

Lettuce

INSTRUCTIONS

To cook the chicken

1. Season the chicken breasts with salt and pepper as desired. Cook in the air fryer for 15 minutes, or to your air fryer's instructions.
2. Use two forks to shred the chicken

To make the chicken salad

1. In a mixing bowl, gently toss together the chicken, tomato, sweetcorn, onion, diced avocado, and coriander. Set aside.
2. In a small bowl, whisk together the mashed avocado, Greek yogurt, lime juice, and vinegar. Add the garlic powder, salt, and pepper to taste. Add to the chicken salad base and mix gently until fully combined. Refrigerate until ready to serve.

To make the sandwich

1. Between two slices of bread, place the lettuce leaves in a single layer then top with 1/4 of the chicken salad mix. Close the sandwich with another layer of bread.



HEALTHY MEAL IDEAS

CURRIED CAULIFLOWER SOUP

PREP TIME COOK TIME

10 minutes

20 minutes

INGREDIENTS

- 1 head cauliflower
(broken into small florets)
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 tablespoons olive oil
- 1 medium onion (finely diced)
- 2 cloves garlic (minced)
- 2 teaspoons curry powder
- ½ teaspoon ground turmeric
- 475ml vegetable stock
- 1 can light coconut milk
- fresh coriander for serving

INSTRUCTIONS

1. Preheat the oven to 400°F/200°C.
2. Start by breaking the cauliflower into small florets, then spread it in a single layer on a large baking sheet.
3. Roast cauliflower after seasoning it with salt, pepper and a drizzle of olive oil. Remove from oven when the tips of the cauliflower change their colour into golden brown.
4. Add remaining olive oil into a pan and saute the onion until it turns translucent.
5. Add garlic and fry for one minute until the garlic is fragrant and turns golden.
6. Add the curry powder and ground turmeric and give it a stir.
7. Add the roasted cauliflower to the pot (leaving some for topping the final dish) and stir in all the liquid ingredients (vegetable stock and coconut milk).
8. Simmer for 10 minutes. Then blend the soup until smooth and creamy.
9. Top the soup with the remaining cauliflower florets and sprinkle with fresh coriander. Serve hot.



HEALTHY MEAL IDEAS

SUMMER CHOPPED SALAD

PREP TIME 15 minutes
COOK TIME 30 minutes
SERVINGS 10-12

INGREDIENTS

Salad:

- 1 green pepper (seeded and diced)
- 1 red or orange pepper (seeded and diced)
- 1 jalapeno pepper (seeded and chopped)
- ½ red onion (finely chopped)
- A pack of cherry tomatoes (quartered)
- 1 can sweetcorn (drained)
- 1 can black beans (drained and rinsed)
- 1 can black-eyed peas (drained and rinsed)
- ½ bunch coriander (chopped)

Dressing:

- Zest of 1 lime
- Juice of 2 limes
- 60ml extra virgin olive oil
- 3 cloves garlic (minced)
- 1 teaspoon honey
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper

Optional: hot sauce (to taste)

Optional: 1-2 avocados (diced)

INSTRUCTIONS

1. Stir together the peppers, onion, tomatoes, sweetcorn, beans, and coriander in a large serving bowl.
2. To make the dressing, in a separate bowl, mix together the lime zest, lime juice, oil, garlic, honey, salt, pepper, and cayenne.
3. Pour 3/4 of the dressing over the salad and stir, reserving the rest for later if needed. Cover the salad and extra dressing and store in the fridge until ready to use, up to a day in advance. Let the chopped salad marinate for at least 20-30 minutes ahead of time before serving to give the flavours a chance to marry together.
4. Right before serving, stir in the avocado (if using) so it doesn't get brown and mushy ahead of time. Taste and season as needed.