

WELLBEING

STEP AWAY FROM THE FRIDGE!

IF YOU'RE ON YOUR FIFTH TRIP TO THE FRIDGE BY MIDDAY, DON'T PANIC. OUR EXPERTS HAVE SOME BRILLIANT SNACK IDEAS TO KEEP YOU HEALTHY. BY VICKI-MARIE COSSAR

HAS there ever been a time when the fridge and biscuit tin have teamed together to call to us so loudly? While, on the one hand, we're all tuning in each day to have Joe Wicks put us through our paces, on the other, there aren't many strong enough out there to resist the odd snack.

And once you're in for one chocolate Hobnob, why not have another? Well, those two clock up 186 calories, and will you stop there? Whether it's crisps, biscuits, chocolate, sausage rolls or a toasted cheese sandwich, the extra calories soon add up. They become our feel-good triggers, something to look forward to in an otherwise mundane day. So, if you find you're treading a well-worn path to the fridge or cupboard, you need to find a balance.

We've called in the experts to offer up some healthy snack ideas, which you can make easily and don't have to feel guilty about anymore.



PEANUT FLAPJACKS (MAKES EIGHT)

INGREDIENTS
225g butter/50g soft brown sugar/
50g honey/50g unsalted peanuts/
50g crunchy peanut butter/
350g porridge oats

METHOD

'These are the perfect mid-afternoon energy boost thanks to the mix of oats [slow-release energy] and peanuts [protein],' says Jane Clarke, founder of Nourish Drinks. 'They will last a couple of

weeks in an airtight container. Melt butter in a saucepan and add sugar, honey, peanuts and peanut butter. Cook for one minute and mix in oats. Pop in a greased and lined tin, mark eight pieces and bake at 150°C/300°F/Gas 2 for 20 mins.'



SEED AND SALTED HONEY ENERGY BALLS (MAKES 12)

INGREDIENTS
300g mixed nuts and seeds/
20g chia seeds pre-swelled in
1.5tbsp of water/4tbsp honey
/1tsp sea salt flakes

METHOD

'This is a great way to use up half-used packets at the back of the cupboard,' says Gracie Tyrrell, co-founder of wellness company Squirrel Sisters. 'These are packed with natural ingredient to keep you fuller for longer. Roast the nuts and seeds for six to seven minutes at 180°C/350°F/Gas 4, then transfer to a food processor with chia seeds and honey. Blitz until a paste, then add salt flakes. Divide into 12 and keep in the fridge.'

PINK LADY LOLLIPOPS (MAKES EIGHT)

INGREDIENTS

1 Pink Lady apple chopped in to eight/toffee apple sticks if you have them/enough of the following to coat: melted chocolate/sesame seeds/chopped nuts and strawberries/desiccated coconut/smashed biscuits/pistachios

METHOD

'The beauty of this snack is you can use so many store cupboard ingredients,' says food stylist Laura Field. 'The sweetness of a Pink Lady apple is a delicious match for coconut, nuts, biscuits or even meringue. Slice the apple into eight. Put chocolate in a heatproof bowl in the microwave for 30 seconds at a time until it melts. Milk, dark or white work equally well. Put apples on the sticks or just dip apples into the chocolate and toppings. Kids will love this recipe. It'll keep them busy but it's a great way to get them eating fruit.'



SUGAR-FREE CHOCOLATE SPREAD (ENOUGH FOR ONE SLICE OF BREAD)

INGREDIENTS
2tbsp tahini/1-2tsp cacao powder/
1tsp maple syrup or raw honey

METHOD

'Rich and chocolatey, pop this in the fridge for when you are craving something sweet,' says health coach, Louise Murray. 'Not only does it boost energy, mood and immunity thanks to the cacao powder, but the tahini is rich in protein, B vitamins, magnesium and iron to fight fatigue. Simply mix together and enjoy on a slice of bread with some mixed berries on top.'



MEXICAN TUNA RICE CAKES (SERVES ONE)

INGREDIENTS

85g Princes Tuna Mexican Filler (tuna in Mexican dressing with tomato, kidney beans and peppers)/1 ripe mashed avocado/2 rice cakes/4 cherry tomatoes/ lime wedge

METHOD

'As well as being a great source of protein, tuna is also low in saturated fat, which helps to keep your blood cholesterol at a normal level as part of a balanced diet,' says nutritionist Lily Soutter. 'Spread the avocado onto the rice cakes and top with the tuna. Serve with cherry tomatoes and lime wedge.'

PHOTO: JEFFREY



FRUITY MAPLE BOOST BARS (MAKES 12)

INGREDIENTS
125g oatmeal/125g sunflower seeds/80g plain flour/170ml of pure Canadian maple syrup/2 large eggs/125g each of dried cranberries/chopped dried apricots/flaked almonds/100g desiccated coconut

METHOD

'100 per cent natural maple syrup is rich in mineral manganese (for bones) and riboflavin (for fatigue),' says chef David Colcombe. 'Blend oatmeal, sunflower seeds, flour, maple syrup and eggs in a food processor. Add cranberries, apricots and almonds. Bake at 170°C/325°F/Gas 3 for 20 minutes. Sprinkle coconut on top five minutes before end of baking.'

DO IT LIKE DAVINA

Envious of Davina McCall's toned, lithe body? The TV presenter has become something of a health and fitness icon after transforming herself. If you want to do the same while in lockdown, she has her own range of fitness equipment. With everything from dumbbells, kettlebells, balls and mats, you'll burn off those bingo wings in no time. From £12.99, This is Davina, thisisdavina.com



EVERYONE LOVES A CHEETAH

When Instagram fitness sensation Alice Livinge was spotted wearing some All Fenix white leopard print leggings, they instantly sold out. They've proved so popular, even the pre-order [yet to arrive in the UK], has sold out too. However, this updated version will be dropping online for pre order in the next few weeks. All Fenix Cova Cheetah 7/8 leggings, £78. Bra, £52, mygymwardrobe.com

The FIT List

CARE FOR YOUR MIND AND BODY IN LOCKDOWN...

compiled by VICKI-MARIE COSSAR

NIKE WORK
Want to train with the best? The Nike Training Club app is free to download and loaded with workouts, nutritional advice and expert tips from its master trainers. There's over 190 sessions covering strength, endurance, yoga and mobility from 15-45 minutes, plus live sessions from trainers around the world being added all the time. Nike, nike.com

MAKE A MEAL OF IT
If you're struggling to get a supermarket delivery slot, No1 Food Prep's home delivery packages are ideal, high in protein and probiotics. Plus, for every order, it will deliver a home-cooked meal to an elderly person. From £16 a day [three meals, one snack]. Use code 'safes15' to get 15 per cent discount. no1foodprep.com

LAYER IT ON THICK
The latest drop from Perff activewear includes leggings with a hidden underwear layer for extra support. Whether you're working out, or lounging about, if you're wearing these then you'll be super-comfortable. Available from April 30. Fusion leggings, £110, Fortitude crop top, £85, Perff Studio, perff.com

KEEP CALM
Worrying about friends and families, and stuck in isolation, it's no wonder anxiety levels are rocketing. Corona Anxiety is a mini e-book by Summersdale Publishing full of tips on staying strong. Corona Anxiety Tips To Help You Stay Calm And Positive, Kindle edition, 99p, amazon.co.uk

ANYONE FOR TENNIS?
You might feel restricted at home, but there are plenty of exercises that you can do in your living room or garden - tennis being one. The Lawn Tennis Association has pulled together 12 free, fun activities for the family that include floor tennis and hand-ball racket. Head to its website to see the how-to videos, plus physical and mental activity cards. LTA, lta.org.uk

RESISTANCE IS USEFUL
Caught a glimpse of Hollywood actress Kate Bosworth working out at home with her p.volve ball? This resistance kit fits between the thighs and tones the glutes, thighs and core. The Ultimate Bundle includes a p.ball, gliders, resistance band, hand and ankle weights, plus one month live streaming on the app. Workouts range from 15-60 minutes and can be done anywhere. £117.60, p.volve, p.volve.com

