



EON Foundation
Growing healthier communities

Savoury Snacks

SAVOURY SNACKS

ZUCCHINI SLICE

THIS MEAL SERVES **EIGHT PEOPLE**



INGREDIENTS

- 5 zucchinis, coarsely grated
- 1 large onion, chopped finely
- 3 rashers bacon, chopped finely
- 5 eggs lightly beaten
- 1 cup grated cheese
- ½ cup of oil
- Pinch of salt
- Pinch of pepper

COOKING METHOD STEP BY STEP

1. Preheat oven to 180 degrees.
2. Put zucchinis, onion, bacon, eggs, cheese, salt and pepper into a bowl and mix.
3. Grease a baking dish or line with grease proof paper.
4. Pour mixture into baking dish and smooth it so it is even.
5. Bake in oven for 40 minutes.

SAVOURY SNACKS

BRUSCHETTA

INGREDIENTS

- 3 cups of cherry tomatoes
- 1 onion
- 3 tablespoons of balsamic vinegar
- Pinch salt
- Pinch black pepper
- 1 cup basil leaves
- 6 slices of bread
- 2 garlic cloves

THIS MEAL SERVES **SIX PEOPLE**



COOKING METHOD STEP BY STEP

1. Chop tomatoes into small pieces.
2. Tear basil leaves in half.
3. Peel garlic cloves and crush and chop.
4. Put tomatoes, basil, onion, balsamic vinegar, salt and pepper into a bowl and mix.
5. Toast or grill bread until crunchy and brown.
6. Rub the pieces of bread with a peeled garlic clove.
7. Put tomatoes mix on top of toast to serve.

Fruit Snacks

FRUIT SNACKS

HOMEMADE FRUIT JUICE

THIS MEAL SERVES **SIX PEOPLE**



INGREDIENTS

Whatever you like!

Carrot

Celery

Kale

Watermelon

Oranges

Apples

Mangoes

Berries

Ginger

Fruit juice is a great energy booster and immunity builder. Homemade juice is a healthier option to bought juice, which often has more additives and processed sugar and fewer nutrients. Mixed with vegetable juice it is even better!

COOKING METHOD STEP BY STEP

1. Wash and peel the fruit.
2. Peel the fruit or cut off the thick skin of fruits that you can't eat the skin: e.g. water melon, oranges, bananas etc.
3. Keep the skin on for the fruits where the skin is thin and you can eat it. e.g. apples, carrots etc.
4. Using a juicer, make different combinations out of the above, or use all of them!

FRUIT SNACKS

FRUIT KEBABS

INGREDIENTS

- 8 cups mixed fruit
- 1 lemon
- 16 wooden skewers

THIS MEAL SERVES **FOUR PEOPLE**



COOKING METHOD STEP BY STEP

1. Peel and cut up all fruit into the same size large chunks.
2. Put all fruit in a bowl and squeeze the lemon juice over fruit.
3. Gently mix all the fruit and lemon juice.
4. Put 6 pieces of fruit onto each skewer until all the fruit is finished.
5. Served fresh or freeze them for one hour and serve ice cold.