

For
kids

Low Sugar Recipes



THE REWARDS PROJECT is a charity set to transform the reward culture in schools – and at home. Our campaign champions a total change in mindset in how we reward good behaviour of children in the classroom or with the family. All too often foods laced with sugar are used as a reward for good behaviour or performance. Our mission is to create a shift in the rewards culture to alternative sugar-free non-food solutions. So children can positively benefit from a life-long healthy eating habit. The Rewards Project is spearheaded by a passionate team of dentists, doctors, nutritionists and psychologists driven to improve the health and wellbeing of our children.


**Rewards
Project**



Fruit skewers

INGREDIENTS

1 kiwi

1 handful of strawberries

1 handful of red grapes

INSTRUCTIONS

- Peel the kiwi using a knife or peeler, and cut into quarters
- Slice the green ends off the strawberries
- Wash the strawberries and grapes
- Use wooden skewer sticks to hold the fruit

NUTRITIONAL INFORMATION

Fruit skewers (per skewer – makes three mini skewers). Kcal: 25

- Fat: 0.5g (of which saturates) – 0g
- Carbohydrates: 4.3g (of which sugars) – 4.2g
- Fibre: 1.4g
- Protein: 0.5g
- Salt: 0g



Cream cheese filled celery

INGREDIENTS

2 celery sticks

4 tsp cream cheese

Pinch black pepper

INSTRUCTIONS

- Wash the celery, chop the ends off and cut in half
- Using a spoon or knife, spread the cream cheese into the celery
- Season with black pepper to taste

NUTRITIONAL INFORMATION

Cream cheese filled celery (per stick) – makes 2 sticks. Kcal: 60

- Fat: 3.9g (of which saturates) – 2.5g
- Carbohydrates: 2.6g (of which sugars) – 1.7g
- Fibre: 0.7g
- Protein: 3.6g
- Salt: 0.32g



Berry & coconut smoothie

INGREDIENTS

200ml coconut milk

1 handful of frozen mixed berries (e.g. 'summer fruits')

$\frac{1}{4}$ avocado

INSTRUCTIONS

- Add all ingredients to a blender and blend until smooth

NUTRITIONAL INFORMATION

Berry & Coconut smoothie (serves 1). Kcal: 481

- Fat: 43g (of which saturates) – 35g
- Carbohydrates: 16g (of which sugars) – 12g
- Fibre: 5.8g
- Protein: 4.1g
- Salt: 0.18g



Peanut energy balls

INGREDIENTS

5 tablespoons of oats

1 date

1 tablespoon of peanut butter

1 tablespoon of coconut oil

1 tablespoon of coconut shavings

INSTRUCTIONS (MAKES 12 BALLS)

- Melt the coconut oil and then mix all the ingredients together using a food processor
- Combine and form into bite sized balls
- Put in fridge in an airtight container for a week or store for 1 month in the freezer

NUTRITIONAL INFORMATION

Peanut energy balls (nutritional info is per ball – makes 12). Kcal: 43

- Fat: 2.8g (of which saturates) – 1.5g
- Carbohydrates: 3.3g (of which sugars) – 0.5g
- Fibre: 0.6g
- Protein: 0.9g
- Salt: 0.g



Houmous & red pepper sticks

INGREDIENTS

2 tbsp houmous

½ red pepper

INSTRUCTIONS

- Wash and thinly slice the red pepper
- Add the houmous to a bowl and dip the red pepper in

NUTRITIONAL INFORMATION

Houmous & Red Pepper sticks (Serves 1). Kcal: 211

- Fat: 16g (of which saturates) – 0g
- Carbohydrates: 9.2g (of which sugars) – 3.7g
- Fibre: 4.7g
- Protein: 4.7g
- Salt: 0.62g

Shop bought options



DRIED APPLE RINGS



BABYBEL CHEESE

Kick Sugar

Get our new charity cookbook that reveals how to kick your sugar habit in just 14 days. This is NOT just a cookbook... this is a movement. Our mission is to reawaken your taste buds and boost your health. We work to shift the current rewards culture away from sweets and chocolates towards a fun, quick, healthy and affordable reduced sugar diet. Our team of professionals include Dentists, Doctors, a Nutritionist, Psychologists and a chef.

I want the book NOW

www.kicksugar.co.uk

