

Week	Snacks & Treats
Week One	Oatmeal Raisin Cookies Mini Quiches
Week Two	Baked Cheesecake Baked Zucchini Fritters
Week Three	Tortillas with Salsa Verde and Black Bean Dip No-Bake Energy Bites
Week Four	Tiramisu Eggplant Pizza-Style Slice
Week Five	Raspberry and White Chocolate Muffins Crispy Baked Buffalo Cauliflower Bites with Ranch Dip
Week Six	Yoghurt and Berry Panna Cotta Ricotta and Spinach Pinwheels
Week Seven	Classic Apple Pie Mushroom and Potato Quiches
Week Eight	Peanut Butter and Banana Bread Baked Zucchini and Parmesan Chips with Marinara Sauce
Week Nine	Blueberry Crumble Bars Crispy Tofu Bites with Sweet Chilli Sauce
Week Ten	Coconut Rice Pudding with Mango Mediterranean Feta and Olive Tapenade with Crostini