

# Nutrition Snippet

## SNACK SWAPS.



**Swap cake for these healthy snacks:**

- **Apple and date muffins** ❄️
- **Banana pikelets** ❄️
- **Fruit loaf** ❄️

❄️ **make a batch and freeze for later**

Check out our interactive [healthy swaps](#) section for more inspiration!

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box