Healthy Snacks: A Guide for Meetings and Events in Sri Lanka
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2019

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Healthy Snacks: A Guide for Meetings and Events in Sri Lanka
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Message from World Health Organization

Healthy Snacks: A Guide for Meetings and Events in Sri Lanka

Consuming a healthy diet throughout the life-course helps prevent malnutrition in all its forms, as well as a range of noncommunicable diseases (NCDs) and conditions. However, increased production of processed foods, rapid urbanization, and changing lifestyles have led to a shift in dietary patterns. People are now consuming more foods that are high in energy, fats, free sugars, and salt/sodium. Additionally, many people do not eat enough fruits, vegetables, and other dietary fibre such as whole grains.

Meetings and events are a fundamental part of work and office culture. They serve as an important time for people to connect, communicate, strategize, and efficiently solve problems. Providing access to healthy foods and beverages, requiring a tobacco-free environment, encouraging physical activity, and focusing on sustainability are opportunities to make meetings healthier and create a culture of well-being.

In this backdrop, Healthy Snacks: A Guide for Meetings and Events in Sri Lanka, a joint publication of the Sri Lanka Medical Nutritionists Association, Ministry of Health, Nutrition, and Indigenous Medicine, and World Health Organization is a useful and practical guide for meeting organizers. It offers an array of low-calorie meeting snack ideas and recipes. The snacks were all made and tested to ensure the calories listed are accurate. The recipes are meant to be used for a variety of meetings, from short meetings and celebrations at the workplace to whole-day or multi-day symposiums involving a large group of participants. It provides an evidence-based approach to realistically incorporate healthy habits into the workplace.

Dr Razia Pendse
World Health Organization Representative, Sri Lanka
Message from The Director General of Health Services

Sri Lanka is undergoing a nutritional transition with increasing prevalence of obesity at all ages. Diabetes, heart disease, hypertension and cancer are on the rise causing economical burden to the country.

The dietary pattern of the country is also changed over the years in which most of unhealthy food patterns are incorporated in to daily diets. Majority of working population spend more than eight hours at working place and in average consume 2 snacks per day. Most of the meetings and events use unhealthy salty, fatty or sugary food with beverages. This expose working population to increased risk of Non-Communicable Diseases.

This was a long felt need to compile a healthy snack guide with displayed nutritional values targeting working population in Sri Lanka. Therefore, I recognize this as a successful timely need for the country. I highly appreciate the work done by the Sri Lanka Medical Nutrition Association (SLMNA) in collaboration with the WHO.

Proper nutrition is indeed essential for better health. It is important to build healthy nation to win the future to face all the challenges. As the Director General Health Services, I am pleased to provide a message in this important event of launching healthy snack guide for events and meeting in Sri Lanka. Further, I would like to congratulate SLMNA and the team for their hard work and World Health Organization for their technical and financial assistance in this endeavour.

Dr. Anil Jasinghe
Director General of Health Services
Ministry of Health
Sri Lanka
Message from the President
of Sri Lanka Medical Nutrition Association (SLMNA)

Sri Lanka Medical Nutrition Association (SLMNA) is a professional association dedicated to
serving the country with a mission to educate the community to improve their health and
wellness potential.

Adults consume at least a third of their daily calorie allowance during their work day.
Therefore, the workplace setting has a key role to play in supporting and encouraging adults
to make healthier food choices. An unhealthy diet is a key driver of the leading causes of
preventable deaths and disability in nearly every country in the world. Nowadays, most of
the snacks served in workplace meetings are unhealthy and lead to many adverse health
outcomes.

Ministry of Health has identified this as a problem and requested this healthy snack booklet
in collaboration with SLMNA and WHO.

His booklet contains thirty healthy snacks with their recipes and nutritional values. Each
snack recipe has a unique video that will be shared on social media and other websites to
educate and promote healthy snacks in the community. This healthy snack guide is meant
to be used by all work places while organizing meetings. I hope this will be an innovative
and useful resource.

I greatly appreciate all the stakeholders who contributed to successfully completing this snack
guide. I hope this healthy snack booklet will be a useful guide to improve the health of
working communities.

Dr. Renuka Jayatissa
President
Sri Lanka Medical Nutrition Association
Acknowledgement

This healthy snack guide for Sri Lanka was developed and published by the Sri Lanka Medical Nutrition Association (SLMNA) with close collaboration and financial assistance from World Health Organization (WHO). We are deeply indebted to WHO for their valuable contribution and assistance in developing this guide.

We owe a deep debt of gratitude to Dr. Renuka Jayatissa, the pioneer of Clinical Nutrition in Sri Lanka for her unrivaled expertise and the guidance she provided to create this booklet. Our sincere gratitude to Dr. Nalika Gunawardena, National Professional Officer- WHO Sri Lanka Country Office, for successfully facilitating and guiding this project.

We would like to thank all the resource personnel who participated in the initial meeting held at the Kingsbury hotel. It would not have been possible to prepare this booklet without the help of many professional experts from various fields, including Presidential Secretariat Office, Nutrition Coordination Division-Ministry of Health, Ministry of Education, World Food Program (WFP), executive chefs and culinary experts, representatives from leading restaurants, clinical nutrition experts, Sri Lanka Bar Association and Sri Lanka Housewives Association. We acknowledge their valuable ideas, comments and expertise provided during the development of this document.

Finally, we appreciate and thank all the persons who helped in numerous ways to produce this booklet efficiently and in a timely manner. We hope this guide will help readers to provide healthy snacks in meetings to maintain a healthy diet in the workplace.
Introduction

The Ministry of health strongly believes that the serving of healthy foods in workplace meetings has a big impact on employees' health and, ultimately, the economic status of the country. Access to healthy and safe foods at the workplace is as important as working in a hazard free environment.

Meetings and events are an essential component of the management of an organization or institution and play an important role in communication, planning and problem solving and decision making. Workplace meetings may last a few hours or a whole day. They have a direct effect on the health of participants and provide good opportunity to improve the nutrition of workers. Almost all workplaces conduct conferences or meetings as a routine management process. These meetings usually serve unhealthy, unvaried food.

Heavily salted, sweetened, and high-fat foods such as cakes, pastries and sugar-sweetened beverages are still the most popular snacks in most countries, including Sri Lanka.

Snacking is popular among the working population due to busy schedules, limited time and restricted opportunity.

Snacks are defined as foods or drinks consumed between main meals with a caloric value less than 150 kcal per serving. The choice of snacks are affected by various factors, such as adequate knowledge, attitude, food preferences, availability, cost and cultural practices. On average snacking contributes to nearly one third of the daily energy intake of a person and snack tend to be nutrient poor foods contain high energy, fat, sugar and salt, which are detrimental to once health. It contributes to an increased risk of non-communicable diseases.
(NCD) such as diabetes, dyslipidaemia and hypertension.²

According to the Demographic Health Survey (DHS) 2016 Sri Lanka, it is estimated that 5.7% of adults have diabetes and 5.4% of adults have high cholesterol. According to the STEP survey Sri Lanka 2015 ³, 21% of adult males are overweight while 24% of adult females are overweight. One in every five adults either has hypertension or is on medication for hypertension in Sri Lanka.

A proper guide to select healthy snacks during workplace meetings is a timely need.

This guide is designed for anyone involved with workplace food and beverage. We have suggested low cost and medium cost recipes for your convenience. Our goal is to provide more convenient and culturally sensible snack suggestions that are useful in the workplace. This guidance can be modified according to the health preferences of the user.

The foods and beverage in this guide are intended for healthy adults. People with special medical needs or dietary restrictions should seek the advice of their health professionals.

References
Our journey towards healthy snacking...

This healthy snack guide for events and meetings was created and published by SLMNA in collaboration with MoH and WHO. This project was initiated with the guidance of Dr. Renuka Jayatissa, the president of SLMNA with the vision of building a healthy Sri Lankan workforce.

The project began with a stakeholder meeting, which was conducted on 24th July 2019, with diverse participation. The guide was developed based on information and opinions gathered from the stakeholder meeting. Selected culinary experts from the stakeholder meeting were given the task of creating new recipes while adhering to recommended nutritional requirements. The booklet consists of recipes and calorie informations for healthy snacks and beverages, including traditional Sri Lankan snacks.

Alterations to the recipes were made according to the feedback received from the trials conducted.
Photography and graphic design were done by professionals with copy rights reserved.

Video clips of each recipe were created for further reference and dissemination.

Videos can be used by the public at anytime.

This is a guide for everyone and people can adjust the recipes as needed. We will distribute this booklet and the corresponding videos throughout the country.
Healthy Snacks
A Guide for Meetings and Events in Sri Lanka
2019

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Contents

Guacamole (Avocado paste) 1
Mini Poori 2
Fruit Salad 3
Fruit Punch 4
Fruit Kebab 5
Vegetable Sandwich 6
Rainbow Sandwich 7
"Kurakkan Vandu" 8
Sri Lankan Beverages 9, 10
"Ranawara"
"Belimal"
Mango "Kithul" Juice
King Coconut
Corn Cup 11
Egg "Dosai" 12
Vegetable "Dosai" 13
Omelette 14
<table>
<thead>
<tr>
<th>Item</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Cake</td>
<td>15</td>
</tr>
<tr>
<td>&quot;Halapa&quot;</td>
<td>16</td>
</tr>
<tr>
<td>Steamed Vegetables with Curd Dip</td>
<td>17</td>
</tr>
<tr>
<td>Chicken &quot;Paratha&quot;</td>
<td>18</td>
</tr>
<tr>
<td>&quot;Kokis&quot;</td>
<td>19</td>
</tr>
<tr>
<td>&quot;Achcharu&quot;</td>
<td>20</td>
</tr>
<tr>
<td>Spicy Rice</td>
<td>21</td>
</tr>
<tr>
<td>Fruit &quot;Lassi&quot;</td>
<td>22</td>
</tr>
<tr>
<td>&quot;Aggala&quot;</td>
<td>23</td>
</tr>
<tr>
<td>&quot;Mung Kevum&quot;</td>
<td>24</td>
</tr>
<tr>
<td>Chicken Focasia (Multi grain bun)</td>
<td>25</td>
</tr>
<tr>
<td>Pumpkin Pie</td>
<td>26</td>
</tr>
<tr>
<td>Vegetable Roulade</td>
<td>27</td>
</tr>
<tr>
<td>Spring Roll</td>
<td>28</td>
</tr>
<tr>
<td>Pumpkin Soup</td>
<td>29</td>
</tr>
<tr>
<td>&quot;Faluda&quot;</td>
<td>30</td>
</tr>
</tbody>
</table>
Guacamole (Avocado Paste)

**Ingredients**

*Recipe for 6 people*

1 serving = 2 tbs (30g)

- Fresh Avocado 1 cup
- Tomato 1 tsp
- Green chillies ½ tsp
- Chopped onion 1 tsp
- Mustard cream ½ tsp
- Lime juice 1 tsp
- Salt
- Pepper

**Method**

Mix all ingredients together – hand whisk

Freshly prepared guacamole (avocado paste) can be combined with poori, fresh or boiled vegetables and crackers.

**Energy 110 kcal**

A rich source of heart healthy mono unsaturated fat.
Mini "Poori"

**Energy 120 kcal**
Whole wheat flour, high in fiber

**Ingredients**

*Recipe for 12 people*

1 serving = 1 Poori

- Atta flour 1 cup
- Wheat flour ½ cup
- Curd 1 tbs

Coconut oil for pan frying

Can be served with Guacamole (avocado sauce)

**Method**

Mix the two types of flour in a bowl, adding salt and curd

Mix with luke warm water (½ cup)

Cover with a wet cloth and keep (or let sit) for one and a half hours

Make small balls of dough (about 30g), and flatten

Deep fry in coconut oil, until golden brown
Fruit Salad

**Ingredients**

*Recipe for 6 people*

1 serving = 1 cup

- Pineapple 1 cup
- Water melon 1 cup
- Mango 1 cup
- Papaya 1 cup
- Grapes 1 cup
- Guava 1 cup
- Lime Juice ½ tsp

**Energy**

100 -120 kcal

Antioxidants will protect you from diseases and aging

**Method**

Mix all cut fruit together

Add ½ tsp of lime juice

**Optional**

Add nuts or raisins 1 tsp
Fruit Punch

Energy
less than 80 kcal

The perfect way to
boost your
immunity

Ingredients

Recipe for 1 person

1 serving = 1 cup

1 slice of orange with peel
2 slices of Lemon / Lime with peel
Watermelon 2 pieces (30 g)
Apple 2 pieces (30 g)
Passion fruit juice 100ml
Crushed ice

Method

Add cut fruit pieces in to passion fruit juice
Serve with crushed ice
Fruit Kebab

Ingredients
Recipe for 1 person
1 serving = 2 kebab
Pineapple
Watermelon
Mango
Papaya
Grapes
1 Kebab has 7 pieces of fruits

Method
Select half ripened Fruits
Cut into 1 ½ inch pieces
Thread the cut fruit pieces onto wooden skewers/ kebab stick
Seasonal fruits can be used

Energy
100 -120 kcal
Fruits protect your health and boost your immunity
Vegetable Sandwich

Energy 100 kcal
Satiety till the next meal guaranteed

Ingredients

Recipe for 2 people

1 serving = 1 sandwich

Bread 2 slices = 60 g
Purple cabbage 1 tsp
Carrot grated 1 tsp
Chopped onion 1 tsp
Green chillies ½ tsp
Pepper, salt and mustard to taste

Method

Mix vegetables, greenchille, salt, pepper, mustard and butter

Apply 2-3 tsps of mixture on 1 slice of bread and sandwich with the other slice

Cut into 2 pieces

Can add any vegetable as you like
Rainbow Sandwich

Ingredients

Recipe for 4 people

1 serving = 1 sandwich

Bread 4 slices = 120 g
Grated beet root 1 tbs
Grated carrot 1 tbs
Onion leaves 1 tbs
Butter ½ tbs
Mustard, pepper and salt to taste

Method

Boil the vegetables and grate well
Mix each vegetable separately in 3 bowls adding salt, pepper, mustard and butter
Apply each mixture separately on buttered bread
Stack them together and cut into 4 pieces

Energy 95 kcal
Simple, healthy vegetarian snack
**Kurakkan "Vandu"**

**Energy 100 kcal**
Satiety till the next meal guaranteed

**Ingredients**

*Recipe for 8 people*

1 serving = 1 vandu

- Rice flour 1 cup
- Kurakkan flour ½ cup
- Scraped coconut 1 cup
- Yeast ½ tsp
- Sugar 2 tsp
- Water ½ cup

**Method**

Mix all ingredients together
Keep for about 2 hours to rise
Divide into 50 gram portions and shape into a circle
Wrap in kanda or banana leaves
Steam for 15 minutes
“Belimal”
Method
Add one cup of boiled water to half a tea spoon of dried “belimal” flowers and
cover with a lid.
Let it steep for 10 or 15 minutes.
Stir and drink.
Follow the same steps to prepare “Ranawara” with dried “takawaw” flowers.
Corn Cup

**Ingredients**

*Recipe for 1 person*

1 serving = 1 cup

- Fresh corn 1 cup
- Butter 1 tsp
- Mustard paste ¼ tsp
- Salt and pepper
- Curry leaves

**Method**

Heat butter

Add all spices and stir

Add corn and mix well

Serve hot

**Energy 80 kcal**

High fiber for a healthy gut
**Egg "Dosai"**

**Energy 130 kcal**
Egg is a complete protein and rich in micronutrients

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**Ingredients**

*Recipe for 2 people*

1 serving = ½ "dosai"

- Atta flour 4 tbs
- Egg 1
- Salt
- Luke warm water ½ cup

---

**Method**

Mix atta flour, water and salt to taste

Add water little by little

Flatten the mixture and heat on a pan

Add the beaten egg onto the "dosai" and cook on low heat
Vegetable "Dosai"

**Ingredients**

*Recipe for 2 people*

1 serving = ½ "dosai"

Att flour 4 tbs  
Cut vegetable mixture 1 tbs  
Butter ¼ tbs  
Luke warm water ½ cup  
Salt

**Method**

Mix atta flour, vegetable mixture, water and salt to taste  
Add water little by little  
Flatten the mixture and heat on a pan
Omelette

Energy 100 kcal
A protein rich snack

Ingredients

Recipe for 1 person
1 serving = 1 omelette

- Egg 1
- Chopped onion 1 tbs
- Green chilli 1 tsp
- Chopped garlic 1 tsp
- Chilli flakes ½ tsp
- Tomatoes 2 tbs
- Pepper
- Salt

Method

Hand whisk the egg well
Add the other ingredients and mix
Fry on a heated pan with a drop of oil.
Fish Cake

Ingredients

Recipe for 4 people
1 serving = 1 fish cake

Eggs 2
Fish 90g
Onion 1 tbs
Green chilli 1 tsp
Ginger ¼ tsp
Garlic ½ tsp
Curry leaves 4
Salt

Method

Heat the pan with ½ tsp of coconut oil
Beat 2 eggs and mix all the ingredients together
Pour the fish cake mixture to pre heated pan and slowly cook
Cook both sides
Cut in to 4 pieces

Alternatives
Gingerly oil
Sunflower oil

Energy 100 kcal
Rich in protein and
low in fat
"Halapa"

Energy 150 kcal
Enjoy a steamed sweet snack

Ingredients

Recipe for 7 people

1 serving = 1 "halapa"

"Kurakkan" flour 1 cup
Coconut ½ cup
"Kithul" treacle 3 tbs
Cardamom 1
Salt ¼ tsp

Method

Heat "kithul" treacle and add coconut and stir well
Add cardamom 1 and salt to taste
Mix "kurakkan" flour with coconut mixture
Make portions of 50 g each
Flatten on a "kanda" leave
Steam for 20 minutes
Steamed Vegetables with Curd Dip

Ingredients

Recipe for 2 people

1 serving = 1 cup

Boiled carrot 2
Curd 3 tbs
Gherkin 2
Mustard cream ½ tsp
Chopped tomatoes 1 tbs
Salt and pepper
Bell pepper 2 (2 colours)

Method

Milk sauce

Mix curd, mustard cream, chopped tomatoes, salt and pepper together

Put the curd into a cup
Put vegetables to the cup, dipped in sauce

Energy 60 kcal

Enjoy a variety of vegetables
**Chicken "Paratha"**

**Energy 150 kcal**  
Filling food packed with protein

**Ingredients**

*Recipe for 5 people*

1 serving = 1 "paratha"

- Atta flour 1 cup
- Wheat flour ½ cup
- Boiled chicken 150g
- Salt ½ tsp
- Luke warm water to mix the dough
- Curry leaves 4

**Method**

Mix the two types of flour with ½ cup of luke water  
Keep for 20 minutes to rise

Make 30 g balls and flatten with your palm  
Keep 2 tbs of chicken mixture on paratha and fold it

Heat it on a pan

**Chicken filling**

- Boil chicken with salt and pepper
- Pan fry with garlic, curry leaves and spices

**Alternatives**

You can select fish or other meat alternatives
"Kokis"

**Ingredients**

*Recipe for 50 people*

1 serving = 2 "kokis"

- Rice flour 250g
- Coconut milk 175ml
- Egg 1
- Chopped curry leaves 10g
- Turmeric
- Salt
- Chilli flakes 5g
- Coconut oil

**Method**

Beat egg

Sieve flour into a bowl and add beaten egg, turmeric and salt.

Add coconut milk gradually to make the batter.

Heat the oil and when bubbling hold the kokis mould in the oil until the mould is hot.

Dip the mould into the batter

Remove from the batter and place in the hot oil where the batter should separate from the mould but still retain its shape.

**Energy** 50 kcal

A traditional snack with a crunch
"Achcharu"

Energy 100 kcal
A diverse treasure of flavours

Ingredients

Recipe for 6 people

1 serving = ½ cup

- Pineapple ½ cup
- Mango ½ cup
- Star fruit ½ cup
- Watermelon ½ cup
- Ceylon olive (veralu) ½ cup
- Nelli ½ cup
- Coconut sugar 3 tbs
- Pepper 3 tbs
- Salt 2 tbs
- Chilli powder 2 tbs
- Vinegar ½ cup

Method

Mix all the ingredients together well and serve
Spicy Rice

Ingredients

Recipe for 10 people

1 serving = 1 cup

Kuruluthuda rice ½ cup, Okra 60g
Onion 60g, Bell pepper 60g
Tomatoes 100g, Parsley 50g
Ash plantain 100g, Coriander leaves
Turmeric, Chilli powder
Bay leaf 1 to 2, Garlic 4 cloves
Feta cheese ½ cup, Pepper,
Cashew ½ cup, Coconut oil 3 tbs
Roasted bell pepper 60g,

Method

Blend tomatoes, roasted bell pepper and garlic with 1 cup of water. Fry the diced onion and bell pepper with a tea spoon of oil on a pan. Add the blended mixture in to the pan and let it cook. Add the rice in to the mixture and cook for 30 minutes. Stir while it’s being cooked. Add the spices to taste. Dice ash plantains, okra and tomatoes. Add them to the rice mixture and cook for another 30 minutes. Serve hot after garnishing with cashew, cheese and parsley.
Fruit "Lassi"

Energy 200 kcal
A probiotic rich, fruity snack

Ingredients

Recipe for 3 people

1 serving = 1 cup

- Diced mango 1 cup
- Curd 1 cup
- Passion fruit 2
- Granola mixture 30g (raisins, nuts and oats)
- "Kithul" treacle 3 table spoons
- Vanilla

Method

Mix the treacle with curd.
Pour the curd mixture, granola, passion fruit and mango in layers to fill the cup.
"Aggala"

Ingredients

Recipe for 6 people

1 serving = 1 “aggala”

Rice flour 200g
Treacle 100 ml
Fresh / desiccated coconut 50 g
Pepper powder ½ tsp
Salt

Method

Mix roasted rice flour, coconut, pepper and salt to taste
Lightly heat treacle in a pan and stir in the rice flour mix
When it thickens remove from heat. If the mix is too dry,
add little hot water
Make 6 balls and let it cool.

Energy 90 kcal

Enjoy the taste of a natural sweetener.
"Mung Kavum"

Energy 70 kcal
Green grame is rich in dietary fiber and maintains a healthy gut

Ingredients

Recipe for 50 people

1 serving = 1 "mung kavum"

- Rice flour 100 g
- Treacle 100 ml
- Roasted cumin 2 g
- Rice flour 250g
- Turmeric powder
- Green grame (wash, dry, and roasted) 250 g

- Sugar 100 g
- Water 25 ml
- Coconut oil for frying
- Coconut milk 200 ml
- Salt to taste

Method

Grind half the amount of green grame to a fine flour
Grind the rest of green grame into a coarse flour
In a large saucepan combine the treacle, salt, sugar and water.
Bring to boil
Add the green grame flour and roasted cumin and mix well.
Cook until it becomes a thick paste
Shape the mixture into diamond shape
Mix rice flour 250g with coconut milk 200ml
Heat coconut oil in a pan
Dip the batter and fry in hot oil until golden brown
Chicken Focaccia
(Multi grain chicken bun)

Ingredients

Recipe for 1 person

1 serving = 1 chicken focaccia

Focaccia bun 1
Chicken breast roast 25g
Onion 10g,
Green chilli 5g
Mayonnaise sauce
Mustard cream 5g
Margarine 5g
Lettuce 10g
Salt
Pepper

Method

Pan fry onion, green chilli, salt and pepper with roasted chicken
Fill the bun with chicken mixture, mayonnaise and mustard cream
Add lettuce and serve fresh.
Pumpkin Pie

Energy 60 kcal
A sweet delight rich in vitamin A

Ingredients

Recipe for 100 people

1 serving = 1 pie

Fresh pumpkin 2.25kg
Brown sugar 800g
Eggs 15
Fresh cream 700ml
Milk 500ml
Cinnamon, Ginger and Nutmeg powder

Method

Hand whisk eggs and sugar for 5 minutes
Add all other ingredients together and whisk
Fill the pie crust in a mold with diced pumpkin and pour above mixture
Bake for 30 minutes in 160 degrees celsius in a pre heated oven

Pie crust for 100

Ingredients

flour 1.5kg, butter 1kg, icing sugar 500g, eggs 4, vanilla essence

Method

Mix all ingredients together.
Chill and keep for one day before use.
Vegetable Roulade

Ingredients

Recipe for 1 person
1 serving = 1 roulade

Flour 20g
Potato 30g
Leeks 15g
Carrots 20g
Onion 15g
Garlic 10g
Vegetable oil 5g
Egg ¼ (to paste the sheets)

Method

Mix flour, salt and oil together.
Then add luke warm water and knead for approximately 10 minutes.
Divide into equal balls and cover with some oil
Keep for one hour
Flatten one ball on a heated pan and prepare the roti
Pre heat another pan
Shallow fry onion and garlic.
Then add cut vegetables and temper slightly to make the vegetable mixture.
Add 2 table spoons of vegetable mixture on to the roti and roll

Energy 100 kcal
Add vegetables to your day
**Spring Roll**

**Energy 60 kcal**
Colorful vegetables that are rich in vitamins

**Ingredients**

Recipe for 150 people

1 serving = 2 Spring roll

- Cabbage 335g
- Carrot 480g
- Leeks 460g
- Onion 240g
- Sesame oil 2g
- Vegetable oil 3 tbs
- Pepper powder 1 tbs
- Salt 8g
- Spring roll sheets 150

**Method**

Pre heat the pan.

Shallow fry onion, salt and pepper.

Then add cut vegetables and temper slightly to make the vegetable mixture.

Take one spring roll sheet and put one table spoon of the vegetable mixture and roll.

Bake at 220°C for 12 minutes.
Pumpkin Soup

Ingredients

*Recipe for 3 people*

*One serving = 1 cup*

- Diced pumpkin 250g
- Water 1 ½ cup
- Butter 1 tbs
- Curry leaves
- Lemon grass
- Garlic 50g
- Ginger 10g
- Green chilli 10g
- Salt
- Pepper

Method

Boil the diced pumpkin in water until soft
Then blend it with a hand blender
Keep the pan on a medium heat and add butter, garlic, lemon grass, curry leaves and green chilli.
Add ½ cup of fresh milk and stir well. Add the prepared pumpkin mixture into the pan and add salt and pepper to taste. Keep on a low heat while stirring until the soup is thick.
Serve hot in a soup bowl

Energy 90 kcal

A low calorie soup high in vitamin A, antioxidants and fiber.
"Faluda"

**Energy 100 kcal**  
Sweet taste but low in calories

**Ingredients**

*Recipe for 7 people*

1 serving = 1 cup

- Non fat milk 5 cups
- Strawberry Jelly packets 1
- Ice cubes 1 cup
- "Kasa kasa" seeds 3 tbs
- Ice cubes 1 cup

**Method**

Soak "kasa kasa" seeds in ½ a cup of water

Mix all the ingredients together and serve.
For further details please refer:

http://slmna.lk
Healthy Snacks:
A Guide for Meetings and Events in Sri Lanka