

## **It's nearly the end of the school year....**

- **Are your children tired of the same old breakfasts, lunches and snacks?**
- **Are you looking for inspiration?**

## **AktaVite to the rescue!**

**Below are some ideas that are sure to help busy carers tempt tired children with some healthy options to boost their energy for the last term of the school year...**

- **Soggy cereal need some crunch? Sprinkle some AktaVite instead of sugar over the top for a more nutritious sweetener.**
- **Toast not tempting anyone? Make a protein shake by blending soy or regular milk with a banana and a few tablespoons of AktaVite (it's dairy free). Add some yoghurt if desired.**
- **Boring old banana? Not if there's a small tub or bag of AktaVite to dip it into and being GMO free, your kids can munch to their hearts content.**
- **Cheesed off with cheese sandwiches? Try cream cheese or butter sprinkled with AktaVite. With 8 essential vitamins & minerals this is a sandwich filling for champions.**
- **Tiny biscuits not filling big appetites? Add an AktaVite 200ml tetra block to their lunchboxes. Not only will kids be getting more of the vital calcium they need, these perfectly sized snacks are full of protein so kids feel fuller, longer.**
- **Still a little cool outside? How about a warm AktaVite with a couple of marshmallows for a treat? Because AktaVite has 17% natural cocoa and little fat, you can happily add a marshmallow or two for a treat.**
- **Fairy bread lost it's sparkle? Sprinkle AktaVite on buttered bread quarters. With no artificial colours, flavours or preservatives, AktaVite is a party favourite that won't have your kids bouncing off walls.**
- **Muffins monotonous? Sprinkle AktaVite on top of plain or banana muffin mix before baking for a choc-charged change.**
- **Summer's hit already? Freeze some AktaVite UHT tetra blocks, cut open the top of the pack with scissors then give kids a metal spoon to dig out the icy chocolate goodness (this takes time and is best done outside, giving tired carers a much needed break!).**