



Ministry of Agriculture, Livestock, Fisheries and Cooperative

**HEALTHY SNACKING DURING COVID 19 PANDEMIC**

**When snacking cannot be avoided, select healthy snacks and consume in moderation to avoid excessive eating that leads to overweight and obesity**

Being at home for too long can lead to excessive snacking, which could lead to overweight and obesity. All snacks should be healthy and consumed in small portions

**Examples of healthy snacks**

1. Fresh whole fruits
2. Dried fruits (some fruit sun drying procedures in section 2)
3. Milk (fresh or fermented)
4. Milk shakes (no added sugar)
5. Fresh fruit juices- made from fresh fruits with no added sugar
6. Fruit smoothies (no added sugar)
7. Nuts (e.g. groundnuts, cashew nuts)
8. Seeds (e.g. sesame, pumpkin)
9. Popcorn from maize, sorghum and amaranth seed (not sugar coated)

**Enriched homemade snacks**

- These enriched common snacks can be part of healthy diets when consumed in moderation.
- The recipes can be made under any family context (rural or urban).
- The recipes are generic thus households can replace ingredients with foods within the same food group depending on preference.

**NB:**

- Substitute egg and milk in case of allergies in all the pancakes recipes below.
- You are encouraged to use fruits to sweeten snacks instead of sugar. For example, recipes below have used mashed ripe banana to sweeten

- Note that lemon juice is added to ripe banana mash to avoid discoloration. Only mash ripe banana when lemon juice is ready for mixing.
- Limit the amount of cooking oil used to prepare snacks and avoid deep frying

## IRISH POTATO, CARROT AND CORIANDER PAN CAKES

### Ingredients

Wheat flour, 1 cup	Boiled and mashed irish potato, 1/3 cup
Finely grated carrots, 2 tablespoons (Tbsp)	Baking powder, 1 teaspoons (tsp)
Egg, 1	Water or milk, two thirds (2/3) cup
Finely chopped coriander, 2 tsp	Lemon rind, 1 tsp
Mashed ripe banana (to sweeten), ½ cup	Lemon juice, 4 Tbsp
Oil, 30ml	

### Procedure

1. Sieve flour and baking powder.
2. Add Irish potato, coriander, carrots and lemon rind into the flour and mix well.
3. Beat the egg, mashed banana and lemon juice in a bowl and add to the mixture in step 2.
4. Add water/milk and mix thoroughly into a flowing paste.
5. Add a little oil in the heated pan, pour the mixture and spread to desirable size. Pan fry till cooked on both sides. **Note:** *You do not have to add oil to consecutive pancakes as the purpose of the little oil is to avoid sticking to pan.*
6. Cook until the paste is finished.
7. Serve with tea or milk.

## SWEET POTATO CARROT PANCAKE

### Ingredients

Wheat flour, 1 cup	Grated Carrots, ¼ cup
Sweet potato mash, 1/3 cup	Grated Dhania/hoho (optional), 2 Tbsp
Mashed ripe banana (to sweeten), ½ cup	Cooking oil, 30ml
Baking powder, ¼ tsp	Lemon rind, 1 tsp
Eggs, 2	Lemon Juice, 4 Tbsp

Milk/water, two thirds (2/3) a cup	
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### Procedure

1. Wash sweet potato well, cook till tender then mash to soft smooth consistency
2. Mix the grated carrots in the mash.
3. Add all the dry ingredients (flours, baking powder, dhania, lemon rind) into a bowl and mix.
4. Beat the eggs, lemon juice and ripe banana mash and add to the sweet potato, carrot mix.
5. Add the flour mixture to the sweet potato carrot mixture.
6. Mix all the ingredients thoroughly, add water/milk and mix into a flowing paste.
7. Heat the pan with little oil.
8. Pour the mixture slowly and spread.
9. Fry each side till cooked.
10. Serve with beverage.

### CASSAVA DROP SCONES

#### Ingredients

Wheat flour, 2 cups	Eggs, 2
Cassava flour, two third (2/3) cup	Water, ½ cup
Sugar, 5 Tsp	Cooking oil, 100ml
Baking powder, ¾ tsp	

### Procedure

1. Mix the flours, baking powder and sugar together.
2. Add a well beaten eggs and water to the flour mix.
3. Mix into a thick consistency.
4. Drop a little of the mixture at a time into little hot oil and shallow fry till cooked on both sides.
5. Cook until the whole paste is finished.

## MILLET CARROT PAN CAKES

### Ingredients

Wheat flour, 1 cup	Dhania, 2 Tbsp
Millet flour, 1/3 cup	Lemon juice, 4 Tbsp
Baking powder, ¼ tsp	Lemon rind, 1 tsp
Carrot (grated), ¼ cup	Cooking oil, 30 ml
Eggs, 2	Water/milk, two thirds (2/3) a cup
Mashed ripe banana (to sweeten), ½ cup	

### Procedure

1. Wash and grate the carrots.
2. Mix the flours, baking powder, carrot, lemon rind and dhania together.
3. Beat the eggs, lemon juice, banana and milk/water together and add to the mixture.
4. Mix all the ingredients thoroughly into a flowing paste.
5. Heat the pan with little oil.
6. Pour the mixture in bits and spread thinly.
7. Cook to golden brown on both sides.
8. Serve hot or cold.

## PAN FRYING SWEET POTATO

### Ingredients

Sweet potato (orange fleshed), 1 medium	Salt
Oil, 10ml	Water

### Procedure

1. Wash the sweet potato then peel.
2. Cut into thin slices (crisp like).
3. Soak the slices in saline water for 1 minute then drain.
4. Smear little oil on a frying pan (to prevent them from sticking).
5. Pan fry the sweet potato slices for 7-10 minutes stirring them to a prevent sticking.

6. Serve as snack for the family.

REPUBLIC OF KENYA



MINISTRY OF HEALTH



Food and Agriculture  
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## SWEET POTATO BREAD OR SCONES

### Ingredients

Sweet potato mash, 1 cup	Instant yeast/active dry yeast, 3 teaspoons
Wheat flour, 2 cups	Salt, ¼ teaspoon
Oil, 3 teaspoons	Water, 1 cup
Sugar, 3 tablespoons	

### Procedure

1. Peel the sweet potato, wash then boil till soft.
2. Drain and mash to a smooth consistency.
3. Mix the ingredients using either of the following methods;

#### Method 1.

If using instant dry yeast: Sieve the flour and salt together, mix with the mash and make a hole at the center of the mixture. Put the oil, instant yeast and sugar at the center then add little warm water and start kneading.

#### Method 2.

If using active dry yeast: Mix sugar, yeast and little water then keep in a warm place for about 10 minutes until it froths. Sieve the flour and salt together, mix with the mash, make a hole at the center of the mixture then put the frothed yeast and oil, add warm water.

4. Do first kneading of the mixture on a slightly floured board using the palm of the hand for about 5 minutes.
5. Put the dough in clean plastic bowl and cover with a damp cloth. Leave it in a warm place for 15 to 20 minutes until it doubles its size.
6. Do second kneading using the procedure above until the dough is smooth and elastic.
7. Shape the dough accordingly and place in greased tins, put in a warm place for 10 to 15 minutes until it doubles its size.
8. Pre heat the oven for 10-15 minutes. Bake at a temperature of 180 to 200°C for 20 - 25 minutes depending on the type of oven.

9. If using jiko, light it until the charcoal is red hot then remove all the charcoal and put on top of the lid covering the baking tin. Place the baking tin on the jiko without charcoal and bake 20 to 25 minutes
10. When ready remove and put on a rack to cool.
11. Eat with beverage of your choice.

## BEANS CAKE

### Ingredients

Wheat flour, 3 cups	Eggs, 6
Mashed beans, 1 cup	Baking powder, 2 level tablespoons
Sugar, 1 ¼ cups	Grated lemon rind, 3 teaspoons
Margarine, 1 ¼ cups	Lemon juice, 4 tablespoons

### Procedure

1. Mix margarine and sugar in a bowl and stir till fluffy and white.
2. Add the mashed beans and mix well.
3. Beat the eggs one at a time into a cup and add to the beans mixture in the bowl and keep stirring.
4. Sieve all the dry ingredients and add to the mixture in the bowl and mix well.
5. Add lemon rind, lemon juice to the mixture and mix well.
6. Grease the baking tin/ pan with margarine and dust with wheat flour.
7. Pour the mixture into the tin/pan and cover it with a cover or pan that is tight fitting when baking on jiko.
8. Put in oven and bake for 45 minutes to 1 hour at a temperature of 170°C or bake on a jiko by lighting it till red hot then remove the charcoal and put on top of the lid covering the baking tin and bake for 45 minutes to 1 hour.
9. Remove from oven or jiko and let it cool.

## MILLET/ BANANA CAKE

### Ingredients

Wheat flour, 3 cups	Lemon or orange rind, 2 tablespoons
Finger millet flour, 2/3 cup	Lemon juice, a third (1/3) a cup
Mashed ripe banana, ½ cup	Essence (optional), 1 tsp
Eggs, 6	Sugar, ¾ cup
Baking powder, 2 tablespoons	Margarine, 1 cup
Water/milk, ½ cup	

### Procedure

1. Cream sugar and margarine together into a fluffy paste using a wooden spoon.
2. Beat eggs, ripe banana mash and lemon juice together and add into the sugar margarine paste.
3. Sieve flour, baking powder, spices and salt and mix with lemon rind or flavor essence. Add the flour mixture in bits into the mixture in step two.
4. Add water/milk to makes a thick but flowing paste
5. Pour the mixture into a greased and flour dusted pan and bake in oven or on a charcoal jiko for 45 minutes to 1 hour
6. Remove and let cool.

## HOME MADE YOGHURT

Ingredients	Amount
Fresh milk	1 Liter
Active starter culture (can be in form of ready natural yoghurt or commercially acquired starter culture)	50 -100 mls (Ready yoghurt)
Sugar (optional)	50-70gm
Flavor - Preferably natural fruit flavor (optional)	To taste

### Procedure

1. Wash your hands with soap under running water.

2. Gather ingredients and clean utensils.
3. For production of good quality yoghurt, you require good quality milk. Boil a small amount of milk in a spoon. If there is clotting, coagulation or precipitation, the milk is not fit for processing or consumption.
4. To remove physical dirt, filter the milk into a clean sufuria.
5. Place some cold water in a bigger sufuria on the fire
6. Put the sufuria containing the milk inside the bigger sufuria. Add sugar to the milk (optional).
7. Constantly stir the milk as you bring the milk to almost boiling point (80 - 85° C) (a point at which milk has started forming cream but has not yet risen). Pasteurize (simmer) at that low temperatures for 15 – 20 minutes. This process will kill harmful bacteria and pasteurizing in the ‘water bath’ prevents the yoghurt from having a burned flavor.
8. Remove the bigger sufuria and its contents from the fire, cover it with a lid and leave it for 30 minutes. This process is called holding.
9. Remove and cool by placing the sufuria with the milk in cold water
10. Cool to 40 – 45°C. This can be checked by placing some milk at the back of your hand. The milk should not burn nor should it be warm, it should be slightly above the body temperature (a comfortable hot). Sieve the milk into a sterilized storage container to remove extra cream.
11. Add active starter culture which can be in form of ready yoghurt or the commercially acquired starter culture. Mix it well and cover the mixture with either foil or a tight lid.
12. Place in fireless cooker (if you have one) or wrap the container with a clean heavy material and store in a clean place and let it stand without disturbance for 8 hours.
13. Remove and break the curd by stirring in one direction.
14. Pack in sterilized container/s. Containers can be sterilized through boiling.
15. Add natural fruit flavor, e.g. pureed mango, passion fruit, watermelons, lemon or any other fruit in season, during consumption to consume the fruits in a fresh form and ensure maximum use of nutrients.

**NB:** To know the yoghurt is well done the curd will be one mass with no water at the top. Sugar can be added at the start of the pasteurization process thus will be sterilized together with the milk or it can be added after breaking the curd depending on taste, preference and medical concerns.

**NB:** Whichever starter culture you choose to use, you should maintain the highest degree of hygiene and use the same starter culture from the same supplier for any given product. This is important because a starter culture has a strong influence on the flavor and textural characteristics, of your product which is important for retaining consumers of your products.