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- perfect for Sugar Swap September snack inspiration!



## Swap

Fizzy drinks, fruit juices and smoothies				Water, milk, tea or coffee (made without sugar)
Cakes				Homemade muffins and cakes made with xylitol or a similar sugar substitute (see our recipe)
Sugary breakfast cereals				Porridge with fresh berries
Biscuits				Vegetable sticks, hummus, nuts, cheese, plain rice cakes, or whole pieces of fruit
Sweets and chocolates				Frozen blueberries, straight from the freezer
Desserts				Homemade sugar-free pancakes topped with fresh berries, banana, and a dollop of plain yoghurt
Shop-bought pasta sauces and soups containing sugar				Homemade pasta sauces and soups (see our recipe)
Ice creams and sorbets				Plain yogurt and fresh fruit