

# High Calorie Snack Ideas

Try to have a high calorie snack in-between meals and at supper time.

	<p><b><u>Fancy Biscuits</u></b> Chocolate, toffee or jam, cream varieties</p>		<p>Full fat yogurts Full fat fromage frais Custard Pot Fruit or Chocolate Mousse</p>
	<p>Cake Gateaux Cream cake Muffin Cupcakes</p> <p><b>Add extra double cream</b></p>		<p><b><u>Crackers</u></b> Add butter &amp; cheese or cheese spread, meat paste, pate or jam</p>
	<p>Ice cream Choc-ice Lolly</p>		<p><b><u>Tinned fruit in syrup</u></b> Add ice cream, custard, evaporated milk or double cream</p>
	<p>Crisps Nuts Sausage roll Raisins Chips</p>		<p>Toast, Fruit bread, Malt loaf, Scotch pancakes, Crumpets <b>Add butter &amp; Jam</b></p>
	<p>Scone with butter, jam and double cream Croissant Pastry Brioche Flapjack</p>		<p>Chocolate Chocolate bar Fudge Mints Boiled Sweets Toffees Sweet Popcorn</p>
	<p>Trifle Crème caramel Egg custard Cheesecake</p>		<p>Chunks of cheese Cold cocktail sausages</p>