



Easy on-the-go snack recipes

We've all felt the 3pm hunger pangs – whether it be mid-morning at work, during school pick-up or while entertaining friends on the weekend. And while we love a good snack as much as the next person, it's not always easy to find something that will keep you full and satisfied until your next meal.

That's why we've pulled together this list of snacks to help fill the gap and keep you running at full steam. Check out our recipes below.



[Slow-roasted miso spiced nuts](#)

They're salty, tangy and a little spicy – and these miso spiced nuts will have you coming back for a second and third (or more) handful! They're a great table snack for your next dinner party or to keep in your bag when on the go. And with only 10 minutes of prep time, then a slow, three-hour roast, you can pop them in your NEFF oven then go about your day (stirring occasionally). And if you're using a [NEFF Home Connect oven](#), you can keep an eye on them via your smartphone and even receive a notification when they're ready!



[Oven-baked zucchini, pea and feta fritters](#)

Talk about a dish for any time of the day... Our zucchini, pea and feta fritters are the perfect snack (or meal) and can be eaten at any time of the day or night.

Packed with vegetables and tasty feta, they can be whipped up in under an hour and enjoyed hot or cold! Yum!



[Caramilk® banana cake](#)

For those days when you're craving more of a sweet treat, try this Caramilk® banana cake recipe! It's got everything you love about traditional banana cake, with a delicious chocolate ganache.

And it takes less than an hour to bake using NEFF's [CircoTherm®](#) function, which allows you to cook evenly everytime without rotating your oven trays.



[Roast pumpkin arancini](#)

Leftover risotto? Or just craving some hearty arancini? Whatever your reason – you can't go past our roast pumpkin recipe.

as a base (which can be pre-made using [NEFF's FullSteam function](#)), this recipe will warm you up from the inside out.

And it can be made and cooked in just half an hour with the [CircoRoasting® function](#) on your NEFF oven. The recipe also makes 36 – meaning you can serve as a pre-dinner snack at your next soiree, or keep in the fridge and

heat up as you .



Sweet Potato Bliss Balls

This sweet potato bliss ball recipe ticks all the boxes: it's small, tasty and perfect for grabbing on-the-go.

Our advice? Make in bulk or whip up in advance (using [NEFF's CircoTherm](#) function) to enjoy the next time you're craving a little something to get you through the afternoon.

You can attend a [free NEFF demonstration](#) near you to learn more about the full range of NEFF products and see these in person for yourself to best understand how they can bring your dream kitchen to life.

About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily