

Dip and dippers



Scrumptious dips

Tuna and ricotta dip

Combine drained springwater tuna and ricotta with lemon juice and parsley.

Roasted sweet potato and carrot hummus

Mash roasted sweet potato and carrot, then add chickpeas, lemon and cumin. Blend to desired texture - chunky or smooth. Sprinkle with paprika and fresh coriander.



Sweet corn dip

Blend creamed corn, Greek yoghurt and a dash of sweet chilli sauce. Serve with homemade chicken fingers or toasted pita bread.

Creamy avocado dip

Blend avocado, minced garlic, yoghurt, lemon and a hint of cumin.

Beetroot and white bean hummus

Place freshly-baked beets or drained whole beets in food processor with white beans, tahini, lemon juice and preferred seasonings until smooth. Best served chilled.



Healthy savoury dippers

Lightly-steamed veg

Carrot sticks, broccoli florets, sweet potato.

Toasted

Wholegrain pita or Lebanese bread, sweet potato toasts, wholemeal toast fingers.

Crackers

Multigrain crackers/crispbread, wholegrain rice crackers.

Raw veg

Cucumber, fresh beans, celery stalks, cherry tomatoes, capsicum.



Illawarra Shoalhaven Local Health District, 2023.



Munch & Move

