

Spreads and toppings



Deliciously wholesome

Smashed veggie bliss

Boost veggie intake by topping wholegrain toast or crackers with smashed avocado, peas or roasted pumpkin. Add cottage cheese for a creamy combination.

Mixed bean mash up

Drain excess liquid from canned beans, add fresh coriander and mash to desired texture. Place on top of crackers with a slice of reduced-fat cheese. Yum!



Boiled egg bonanza

Either smash or slice hard-boiled eggs. Serve with wholemeal toast/crackers for a nutritious wholegrain meal.

Tasty tzatziki

A hit with the kids! Mix Greek yoghurt, crated cucumber, garlic, cumin & lemon juice. Serve with crackers, veggie sticks or dollop on vegetable pikelets or muffins.



Scrumptious delights

Whipped lemony ricotta and berries

Whip ricotta in food processor until velvety smooth. Fold in lemon juice with fresh or thawed berries for a luscious combination. Add to homemade scones, pikelets, wholegrain toast or crackers.

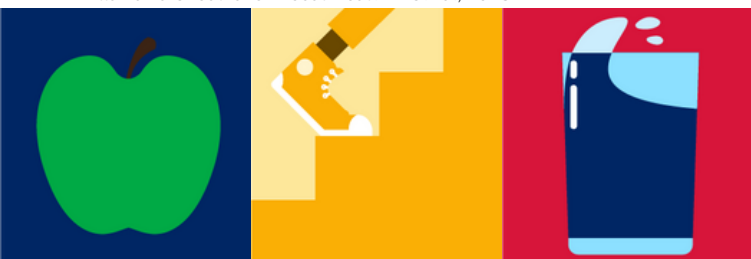
Creamy cinnamon yoghurt dollop

Combine Greek yoghurt with a dash of cinnamon, then fold through frozen fruit (mango, berries) or passionfruit pulp for a ripple effect. Dollop on crackers, wholemeal scones, fruit toast, homemade fruit muffins or pikelets.

Bananarama

Mash or slice banana for a delectable nourishing addition to crumpets, English muffins or toast without any added sugars. Sprinkle with cinnamon and/or seeds for extra flavour and crunch.

Illawarra Shoalhaven Local Health District, 2023.



Munch & Move

