

Lunchbox Laughter

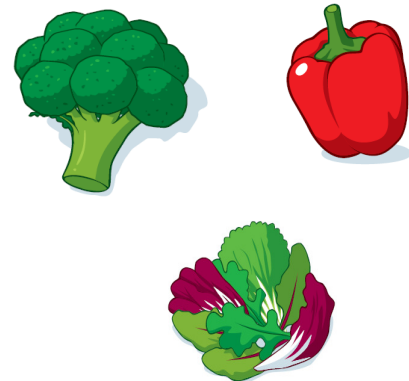
Veggie Sticks and Dips



Step 1 – Choose your stick ...

With so many different kinds of veggies out there you need to try lots of different ones before you find your favourite! Why not try some of the following:

- Carrot sticks
- Pepper sticks – red/green/yellow/orange
- Celery sticks
- Cucumber sticks
- Raw cauliflower or broccoli
- Raw baby corn-on-the-cob
- Raw mange tout
- Raw courgette discs
- Chinese leaf or other lettuce leaves



Step 2 – Choose your Dip...

Humus

400g tin of chick peas
1 crushed garlic clove
2 tbsps olive oil
Juice of 1 small lemon
½ tsp salt

Drain half the water from the chick peas and save. Mix all the other ingredients together in a blender for 1 -2 minutes until a smooth paste is formed.

Cheese Herb Dip

1 cup of cottage cheese
2 tablespoons lemon juice
2 tablespoons mayonnaise
2 teaspoons mixed herbs

Mix all the ingredients together and enjoy!

Tzatziki

½ medium cucumber peeled
200 grams Greek yoghurt
1 tablespoon fresh mint

Peel and grate cucumber. Chop mint. Mix all ingredients together.

Mint Dip

3 tablespoons natural yoghurt
1 tablespoon fresh mint or mint sauce
Juice of ½ lime

Mix all the ingredients together and enjoy!

White bean, honey & rosemary

400 grams cannellini beans
1 tablespoon honey
1 teaspoon fresh rosemary
1 clove garlic
2 tablespoons olive oil
Juice of ½ lemon

Puree all of the ingredients in a blender and blend to a smooth paste. Refrigerate in an airtight container for up to one week.

No-cook satay

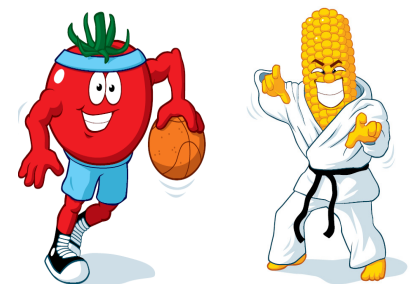
1 tablespoon smooth peanut butter
1 teaspoon soy sauce
½ teaspoon paprika
1 teaspoon water

Combine all ingredients to form a thin paste.

Salsa

1 diced onion
1 diced green pepper
400 gram tin of tomatoes
1 crush garlic clove
Juice of 1 lime
1 chopped red chilli pepper

Mix all the ingredients together and enjoy!



Quick guacamole

1 ripe avocado, peeled
Juice of ½ lemon
½ tablespoon Worcester sauce
½ clove of garlic, crushed

Puree all of the ingredients in a blender, leaving it quite chunky. Keeps for one day, refrigerated.