

# Snacky Stuff

## Delightful Dips



### Strawberry Surprise

#### Ingredients

*For the dip:*

300g strawberries

250g yoghurt

50g reduced fat cream cheese

#### Equipment

Mixing bowl

Blender

Your choice of fruit cut into bite size chunks for dipping

#### Method

1. Put the strawberries, yoghurt and cream cheese into the mixing bowl and blend together
2. Serve chilled with fruit chunks for dipping

#### Fruit suggestions:

Banana

Strawberries

Apple

Kiwi Fruit

Pineapple

Try varying the recipe for the dip using other soft fruit such as blackberries or raspberries

### Fruity Salsa

#### Ingredients

*For the salsa:*

2 handfuls of strawberries

¼ of a watermelon

1 apple

2 kiwi fruit

Lemon juice

*For the dippers:*

2 wholemeal tortillas

½ teaspoon cinnamon

1 teaspoon brown sugar

Spray oil

#### Equipment

Bowl

Knife

Oven

#### Method

1. Chop up the strawberries, watermelon, apple and kiwi fruit into small chunks and sprinkle with lemon juice
2. Cut the tortilla into strips, spray with oil and sprinkle with brown sugar and cinnamon
3. Bake at 350°C until golden
4. Serve the salsa in a bowl with the tortilla dippers on the side