Healthy Eating Advisory Service

Food and drink ideas Delicious dips and healthy dippers



Early childhood services



Delicious dips and healthy dippers

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Dips can be used as a nutritious substitute for condiments and sauces and also make delicious sandwich fillers



Creamy corn and tuna

Mix tuna with creamed corn. Add ricotta cheese for a smoother texture.

Chickpea and beetroot

Make a colourful and fun dip by blending chickpeas with baby beetroot. Add lemon and garlic for extra flavour.

Sweet potato and salmon

Boost intake of vegetables, fish and cheese with this simple recipe.

Pineapple and yoghurt

Mixed crushed pineapple and natural yogurt. Serve with a selection of fruit dippers.

Tzatziki

Yoghurt and cucumber make a delicious combination. This is a favourite with kids.

Hummus

A traditional favourite that is lactose free, milk protein free, soy free and egg free.





Healthy dippers

Savoury dippers

- Carrot sticks (lightly steamed) Cucumber sticks ٠
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- Green beans •
- Raw zucchini sticks •
- Capsicum sticks • Broccoli florets (lightly •
- steamed) Celery sticks .
- Cherry tomatoes •
- Sweet potato (lightly steamed) Wholegrain pita wedges
- (toasted)
- Wholegrain rice crackers and/or rice cakes
- Multigrain crispbread •



Fruit dippers

- Apple and pear wedges (sprinkle with cinnamon for extra flavour)
- Berries .
- Banana slices
- Mandarin and orange • segments (pips removed)
- Kiwi pieces
- Seedless grapes (cut in half for young children)
- Nectarine slices
- Fruit skewers



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