

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



Dips served with healthy 'dippers' are a great snack for children. They're a fun way to add extra flavour to the menu, and to make sure children get more fruit and vegetables.

### Delicious dips

#### 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 yoghurt. 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
- 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