

# Food and drink ideas

## Delicious dips and healthy dippers



Outside School Hours Care



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Healthy  
Eating  
Advisory  
Service



Outside School Hours Care



## Fresh ideas

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 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.





### Fruit dippers

Layer seasonal fruit on skewers for a delicious healthy dipper snack

## 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

