



Crudites with assorted dips

A selection of dips that are very fast to prepare and much more cost effective than buying them from your supermarket. Make just one or make them all, the choice is yours. Quickly put them together for nibbles for your BBQ, as pre-dinner munchies or as healthy snacks.

Ingredients

Cruities:

- Green pepper rings
- Broccoli or cauliflower florets
- Cucumber spears or slices
- Celery sticks
- Fennel sticks
- Crispy lettuce leaves
- Radishes
- Mangetout
- Butternut squash cubes (bake until semi-soft)
- Celeriac sticks

Recipe developed by Sharyn Singer

Method



1. Make up a container of different vegetables, cut into finger-food sized pieces - take inspiration from the ingredients list

Have a selection of dips for variety:

2. Miso tahini

Mix equal amounts of tahini (sesame seed paste) and miso paste together add a little water until smooth

3. Tahini balsamic dip

Mix 1 tsp of tahini with 1 tsp olive oil and a few drops of balsamic vinegar

4. Cucumber dill

4 TBS plain yogurt, 1 TBS finely chopped cucumber, 1 small crushed garlic clove, 1 TBS fresh chopped herbs (choose from - chives, parsley, dill, coriander). Mix all together

5. Hummous

Ready-made or home-made



