VEGGIE STICKS ‘N’ DIPS

PACKED WITH GOODNESS & CRUNCH

INGREDIENTS:
• carrot
• capsicum
• cucumber
• wholegrain crackers
• hummus
• beetroot dip
• cottage cheese
• low sugar sweet chilli sauce

METHOD:
1. Cut vegetables into sticks.
2. Mix one tablespoon of sweet chilli sauce with tub of cottage cheese.
3. Add veggie sticks, crackers and dips to large plate.
4. Finish it off with friends or seal and refrigerate left overs for an easy, quick snack later.

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