

# UQ HEALTHY LIVING DIETETICS RECIPES for over 50s

## 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.

Find out how UQ Healthy Living can help you live your best life after 50  
[uqhealthyliving.com.au](http://uqhealthyliving.com.au)

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