



Veggies, crisps and dips

You will need:

Vegetable sticks

You can use any raw vegetables, such as...

- Carrots • Cucumber
- Peppers • Cherry / salad tomatoes
- Radishes • Cauliflower
- Broccoli • Mangetout
- Sugar snap peas • Baby sweetcorn

Simply chop / slice them to your chosen size and serve

Crisps

Tortilla wraps (plain or wholemeal)

Mackerel pate

1 pack smoked mackerel
200g cream cheese
Juice of a lemon
Black pepper

Cheese dip

150ml natural yoghurt
50g grated cheese
Finely chopped chives / spring onions

Top tips

- Use a variety of coloured vegetables for maximum nutrients
- Add leftover dips to sandwiches
- Use wholemeal or seeded wraps for additional fibre

Allergens

- Gluten
- Milk
- Fish

Preheat the oven to 180°C / Gas mark 4

Cut a tortilla wrap into crisp size pieces and place onto a baking tray. If you'd like flavoured crisps, you can brush a little oil across the tortilla and add flavours such as salt and pepper, paprika, cayenne or chilli

Cook for approximately 7 to 10 minutes, until the crisps are just starting to brown



Mackerel pate

Remove the skin from the mackerel and flake into a bowl. Add the cream cheese, lemon juice and black pepper and mix together well, before serving

Cheese dip

Place all of the ingredients into a bowl and mix together well, then serve!



Serve the dips and crisps with a variety of chopped vegetables

Mackerel is a really good source of essential omega 3 fatty acids and this is a great way to add some into your diet...children love it too!

For more recipes, visit www.talkcommunitydirectory.org/cooking

