

RECIPE

Vegetable sticks with dip

Ingredients

purchased or homemade hummus

a variety of fresh or frozen vegetables:

- zucchini
- carrot
- snow peas
- cucumber
- broccoli
- baby sweet corn
- green beans
- capsicum

Steps

- 1 Wash vegetables and cut into straws or sticks.
- 2 Lightly steam or microwave to soften. Allow to cool.
- 3 Serve hummus with a selection of vegetables which are lightly steamed or raw.

Hints & ideas

- Try other dips such as:
 - avocado
 - eggplant
 - yoghurt (tzatziki)
- Hummus is made out of chickpeas and is a good of iron, protein and calcium.
- Frozen and tinned vegetables can contain similiar nutritional benefits as fresh. Choose varieties with no added salt, sugar or fat.

SPHN (CPH)160200

**MAKE
HEALTHY
NORMAL**

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts *Healthy Eating and Active Play at Playgroup manual* and case studies, and the NSW Ministry of Health *Munch and Move* program and Local Health District resources.

www.healthykids.nsw.gov.au

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