



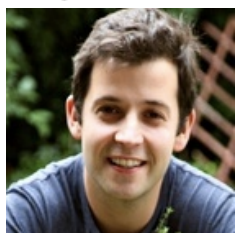
Crudités with Apple & Blackcurrant dip

Children can be fussy, so this recipe uses classic apple and blackcurrant flavours. The flavours add fun to a simple lunch which kids will gobble up!

“This lunch for school children provides energy and brainpower to get kids through the afternoon” says nutritionist Jenny from Brain Food. “Greek yoghurt is an excellent source of calcium, which is vital for bone building. The sugar snap peas provide a range of B vitamins for brain development, whilst the pittas will provide slow release energy throughout the day. It’s also really important to encourage children to drink as much as possible as they are more susceptible to dehydration.”

“Children often get bored of lunch, so giving them a variety of pitta and vegetables makes the meal fun. The fruity dip provides a burst of flavour, so they’re more likely to finish the whole meal.

Creator James Ramsden



Ingredients:

200g thick Greek yogurt
1 small apple
1 stick of celery
2 tbsp blackcurrants
Pinch of salt

2 wholemeal pittas
1 small carrot
Handful of sugar snap peas
2 tsp white wine vinegar

Method:

Core and peel the apple and cut it into small cubes. Mix into the yoghurt with the blackcurrants, vinegar and salt.

Cut the pitta into strips. Peel the carrots and cut into batons. Cut the celery into batons.

Place the pitta and vegetables into a container alongside the dip.

Enjoy with a refreshing glass of SQUASH'D Apple & Blackcurrant.

Calories

465kcal

Fat

18.8g

Of which saturated fats

11.8g

Protein

18.1g

Carbohydrates

58.7g

Of which sugars

23.8g

