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Delivering Healthy Eating

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Healthy (er) Party Nibbles

Garlic & Herb Dip

100g light soft cheese
50g fat-free bio yoghurt
1 crushed garlic clove
Handful of snipped chives
A little lemon juice
Fresh ground pepper
Combine ingredients, mix well and serve.

Tzatziki Dip

1/2 cucumber, deseeded and grated
1 clove garlic, crushed
250g strained Greek yoghurt
1/4 pack fresh mint, finely chopped, or use 1/2 tsp dried mint
Freshly ground black pepper
Combine ingredients, serve immediately

Guacamole

285g frozen peas (cooked)
180ml cubed avocado
1 1/2 tbsp chopped coriander
1 1/2 tbsp lime juice
1 tsp chilli powder
Drain and place cooked peas in a food processor. Add remaining ingredients and process to a coarse purée. Serve immediately or transfer to a bowl, cover with plastic wrap pressed directly onto the surface and refrigerate for up to 4 hours

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Serve with fingers of: cucumber, celery, peppers, carrot, toasted pitta bread etc.