



SNACK PLATE

This healthy snack is a great alternative to the usual crisps and biscuits, and they will have fun dipping things into sauces (warning – it can get messy!).



Preparation time

15-20 mins

Servings

As many as required

Equipment

Knife

Chopping board

Ingredients

Cherry tomatoes

Sugar snap peas

Pepper of various colours

Apples

Cucumbers

Mini cheese cubes

Grapes

Hummus or other dip of your choice

Instructions

1. Wash and dry the vegetables and fruits.
2. Cut and slice all the ingredients and place them on a plate.
3. Add some hummus or another dip your little one likes and add it onto a plate in a small dish.

Tips

3-4 slices of every ingredient should be enough to keep them going until the next meal.

When preparing it, why not slice up a little more and save it for the next snack time.

Based on what your little one likes, you can pick and choose the ingredients for the snack plate.



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