

SUMMER PICNIC PACK



HEALTHY PICNIC OPTIONS:

- Pasta or rice salad
- Dips and crudité
- Fruit salad
- Make your own sushi
- Baked vegetable filo tart
- Vegetable and chicken skewers
- Vegetable and hummus wraps

MAKE A DAY OF IT?

- Plan to visit somewhere you are interested in
- Play games in the park
- Try Geocaching around the area

REMEMBER TO PACK...

- Water; stay hydrated whilst out and about
- Sun cream; make sure your first layer goes on before leaving and then top up throughout the day



Garden Crudit     Beetroot Hummus

Beetroot Hummus

- 1 x400g tinned chickpeas, drained
- 4 pre cooked beets (steamed only, not pickled)
- 2 cloves garlic, crushed or chopped
-    lemon, juiced
- 50ml extra virgin olive oil
- 2 tsp ground cumin
- 2 tsp tahini
- 1 tsp Sesame seeds to top

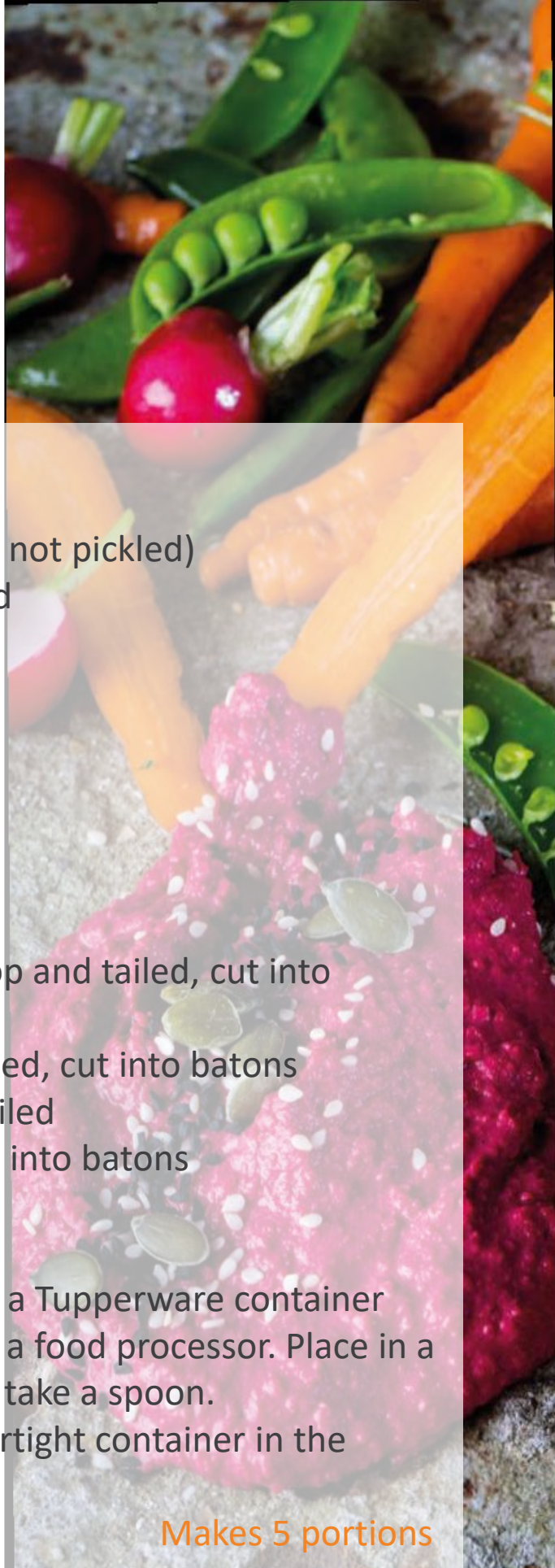
Crudit  

- 3 large carrots, washed, peeled, top and tailed, cut into batons
- 3 large peppers (any colour), washed, cut into batons
- 300g radishes, washed, top and tailed
- 1 large cucumber washed, and cut into batons

Crack on with it:

Prepare the crudite and place into a Tupperware container
Mix all the hummus ingredients in a food processor. Place in a recycled jam jar and remember to take a spoon.
You can keep any leftovers in an airtight container in the fridge for 2 days

Makes 5 portions



Ploughman's Skewers

Ingredients

- 1 large green apple, washed, core removed and chopped into 10 equal chunks
- 3 slices of good quality ham, cut into long ribbons
- 500g of mature cheddar cheese, cut into large cubes (similar size to apple chunks)
- 10 small pickled onions, flavour of your choice OR use grapes
- 10 skewers or long cocktail sticks

Crack on with it:

Pour 200ml of water to a bowl and add the juice of half a lemon, or 1 tbsp of lemon juice.

Add the apple chunks to the water and leave for 10 minute. This will stop the apple going brown on the way to your picnic.

Skewer an onion, then a folded ham ribbon. Add a chunk of the cheese and then top with a chunk of apple.

You could change the cheddar for stilton and the apple for figs if you want a more grown up version for a different occasion.

Makes 10 portions

