

Veggies & Dip

Ingredients	
Cheese, cottage, reduced fat	0.25 cup (250mL)
Celery, raw	2 full length stick (60g)
Cucumber, common, unpeeled, raw	1 small cucumber
Carrot, raw	1 whole (15cm long)



Makes 1 Serves (489g per serve)

Meal Time

Snack

Description

Curb the afternoon cravings with this nutritious veg & dip!

Tip: For extra flavour use the onion and chives cottage cheese! Yum!

Methods

1. Slice up all veggies into strips (as shown in the image).
2. Serve with a side of cottage cheese.

Meal Tags

Vegetarian Friendly, Halal Friendly, Mediterranean or Anti-Inflammatory, Pescatarian Friendly, Simple

Nutrition Tags

Low Fat, Gluten Free, Nut Free, Soy Free, Low GI, Egg Free, High Fibre, High Protein, Low Energy Density, Low Histamine, Seafood Free, Wheat Free, Low Sodium

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	489g	100.00g
Energy (kJ)	536kJ	110kJ
Protein (g)	11g	2g
Fat (g)	2g	0g
Carbohydrate (g)	14g	3g
Sugar (g)	14g	3g
Fibre (g)	8g	2g
Sodium (mg)	304mg	62mg