

Stacks of Sticks – with vegetables

Food Foundations • another NAQ Nutrition program

Ingredients:

Selection of:

- Carrots, cut into thick strips
- Celery, cut into thick strips
- Capsicum, cut into thick strips
- Snow peas, cut into thick strips

Filling Choices:

- Salsa
 - Cream Cheese & Sweet Chilli Sauce
 - Hummus
- Mexican Stack- Salsa, guacamole, extra



Method:

1. Slice veggies into long thick strips
2. Dollop two teaspoons of filling into the bottom of a clear cup
3. Place the veggies into cup resting the bottoms into the dip

Food Group	Serves provided per portion (each cup containing approx 10 vegetable sticks)
Vegetables	1.0